



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREEN BRACELETS

Required for Deep Water Swimming

Attention Swimmers: Ask a Lifeguard!

Anyone under the age of 14 is required to take a deep water test and, upon successful completion, wear a green bracelet in order to swim in the deep-end of either pool.

Tests are administered by the lifeguard on duty upon request, provided it is safe at the time to do so. Lifeguards have the right and duty to test or re-test any swimmer whose skills are questionable— regardless of age or prior swim test.



Deep-Water Swim Test

- Swim 25 yards of recognizable front crawl while maintaining a horizontal body position and arms coming out of the water.
- Tread water for 30 seconds. Keeping head above water.
 - Jump into the deep-end.

Swimmers wishing to retry the swim test must wait 30 minutes between attempts and test with a different lifeguard.

Annual Re-testing Begins June 1st

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The Waldo County YMCA is a 501 (C)(3) Charitable Organization

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