



Swim Tests help keep children safe at the YMCA

Lansdowne, Ridley Area, Springfield YMCA Pools

The YMCA of Eastern Delaware County is committed to ensuring everyone is safe while swimming in our pools. All members 17 years of age and younger must have a swim band visible when in our pools. Anyone under the age of 12 seeking to achieve their yellow (Ridley/Lansdowne/Springfield) or green (Ridley/Lansdowne) swim band must have a parent or guardian (18+) with them on deck during the swim test. Summer Campers/School Age Program participants will have supervision from counselors.

- NO parent, swim instructor, lifeguard, etc. in the water with the swimmer at any time during the swim test. All swim tests are given by the on-duty lifeguard(s) and completed by the swimmer unassisted.
- Lifeguards have the right to retest any swimmer, at any time, that they deem unsafe.
- Springfield Pools are Shallow Water Pools. Green band testing or wearing is not performed or required at our Springfield YMCA. Swimmers utilizing Lansdowne or Ridley pools must successfully pass a green band test at either Lansdowne or Ridley pool to be designated a green band swimmer.
- Swim testing band expires after 1 year, 365 day cycle.

A Red Band (Shallow Water)

- They are non-swimmers who did not participate in or pass a swim test.
- They must wear a YMCA provided US Coast Guard approved life jacket while on the pool deck or in the pool.
- They must stay in the shallow end of the pool and must have a parent/guardian (18+) in the water at all times with them.
- Summer Campers/School Age Program participants will have supervision from counselors.

Yellow Bands (Shallow Water)

- They are intermediate swimmers.
- They must stay in the designated shallow water area always.
- They can swim half of the pool length.
- They can float in the water for 30 seconds.
- All yellow band swimmers, under age 12, must have a parent/guardian (18+) in the pool or on deck at all times.
- Swimmers 5 years of age and younger must always have a parent in the water even if a yellow band.
- Summer Campers/School Age Program participants will have supervision from counselors.

Green Bands (Deep Water) (Ridley/Lansdowne)

- They are proficient/very good swimmers.
- They can swim the entire pool length freestyle for 25 yards.
- They can tread water for 1 minute.
- They can float in water for 30 seconds.
- Swimmers 5 years of age and younger must always have a parent in the water even if a green band.
- Green bands, under the age of 12, must have a parent on the pool deck at all times.
- Summer Campers/School Age Program participants will have supervision from counselors.