



# YMCA of Fredericton

## Pool Admission

Upon arriving at the Fredericton YMCA, please inform Welcome Desk staff that you will be swimming and they will then request you to scan your YMCA membership card. For Family Swims, children will receive a coloured wrist band based on their age.

During Family Swims, in order to enter **deep water**, swimmers 11 years of age and under must pass a swim test administered by a lifeguard. The facility swim test is as follows:

- A safe jump entry into the water
- Swim 2 widths of the lap pool, without touching the bottom of the pool or the wall
- Demonstrate ability to float on back



These skills must be completed in a continuous sequence in order to pass the swim test. If the swimmer completes the swim test, a green wrist band will be given.





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## Pool Admission



### Ages 0-5 Years Old (Red Band)

|   | Complete*  | Ratio                       |   | Incomplete   | Ratio                       |
|---|--|-----------------------------|---|--|-----------------------------|
|  | Children must be <u>within arms reach</u> of the adult who is <u>in the pool</u> at all times. | 1 Adult<br>2 Children (Max) |  | Children must be <u>within arms reach</u> of the adult who is <u>in the pool</u> at all times. | 1 Adult<br>2 Children (Max) |

### Ages 6-9 Years Old (Orange Band)

|   | Complete*  | Ratio                       |   | Incomplete   | Ratio                       |
|---|--|-----------------------------|---|--|-----------------------------|
|  | Children must be <u>under direct supervision</u> of the adult <u>in the pool</u> at all times. | 1 Adult<br>8 Children (Max) |  | Children must be <u>within arms reach</u> of the adult who is <u>in the pool</u> at all times. | 1 Adult<br>4 Children (Max) |

### Ages 10-11 Years Old (Yellow Band)

|   | Complete*   | Ratio                       |   | Incomplete  | Ratio                       |
|---|---|-----------------------------|---|---|-----------------------------|
|  | Children must be <u>under direct supervision</u> of the adult <u>in the pool OR in viewing gallery/deck</u> at all times. | 1 Adult<br>8 Children (Max) |  | Children must be <u>under direct supervision</u> of the adult <u>in the pool OR in viewing gallery/deck</u> at all times. | 1 Adult<br>8 Children (Max) |

\*If the swim test is completed, an additional green band will be given to the swimmer.

An "adult" is defined as an individual 16 years of age or older.

The term "authorized adult" includes but is not limited to a parent/guardian accompanying the child, or a YMCA staff or volunteer.

The term "within arms reach" means the adult providing care is in the water with the child and is able to make immediate physical contact.

The term "direct supervision" means the adult providing care is maintaining frequent eye contact with the child and can immediately alert lifeguards.