## **BOB FREESEN YMCA**



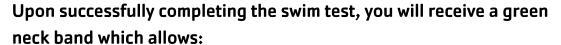
## **TEST**



Everyone ages 17 and younger must take a swim test to determine swimming ability Swim Test includes:

- Swimming 25 yards front crawl without touching the sides, lane lines, or bottom of the pool.
- Jumping into the deep end, fully submerge and recover, and tread water for one minute or tread water for 30 sec and float for 30 sec.

## **MARK**





- Ages 6-17 may swim the entire pool.
- Anyone under the age of 5, regardless of ability, must be within arm's reach of an adult at all times.

## **PROTECT**







Swimmers under the age of 5 must stay in the shallow end and be within arm's reach of an adult at all times.