

## SWIM TEST GUIDELINES

### RED SWIM TEST

Test	Parent Involvement	Pool Location
Any swimmer who does not take or can not pass the ORANGE water test.	Adult Member or teen (17+ with an adult on deck) must be in water at all times within arms reach.	Swimmers who can not pass the shallow water test will wear a red wrist band, PFD* and stay in the shallow end of the pool.

\*PFD: Personal Flotation Device (ie. life jacket)

If you choose to bring your own PFD the item must be stamped **coastguard approved**.

**IFD's (Instructional Flotation Device) (ie bubbles, kickboards, barbells, noodles, etc are not permitted.)**

### ORANGE SWIM TEST

Test	Parent Involvement	Pool Location
The swim test will be given in the deepest point of the shallow end. <ul style="list-style-type: none"> <li>Swimmer must be able to maneuver from a vertical position, to a horizontal position on their front or back in the water.</li> <li>Swim 10 yards on front or back, then return to a vertical position.</li> </ul>	Adult Member or teen (16+ with an adult on deck) must be in water with all children 6 and under within arms reach. If the child is between 7 to 11 years old, the adult must remain on deck to supervise their child in the water. Swimmers 12 years and older do not need an adult on deck to supervise.	Swimmers who pass the orange swim test will wear an orange wrist band and stay in the shallow end of the pool.

We are looking for the swimmer to maintain body control

### GREEN SWIM TEST

Test	Parent Involvement	Pool Location
Children who are eligible to take the green swim test must first pass the orange swim test. <ul style="list-style-type: none"> <li>Child must swim a half of a length on their front or back into deep water.</li> <li>Tread water for 60 seconds</li> <li>Swim the remainder of the length.</li> <li>Exit the pool without assistance, and jump into the deep end.</li> </ul>	Adult Member or teen (17+ with an adult on deck) must be in water with all children 6 and under within arms reach. If the child is between 7 to 11 years old, the adult must remain on deck to supervise their child in the water. Swimmers 12 years and older do not need an adult on deck to supervise.	Swimmers who pass the green swim test will wear a green wrist band and be allowed to swim anywhere in the pool.

Swimmer may not rest or stop during the test. If the participant cannot complete all aspects of the test, the test is failed.

**Participants of any age may be swim tested at the discretion of the lifeguard.**

- **ALL CHILDREN 16 AND UNDER WILL BE SWIM TESTED & ENTERED INTO THE SWIM TEST BOOK.**
- ALL GUESTS 18 AND UNDER MUST BE SWIM TESTED AT EVERY VISIT.
- Children who have been swim tested must verify their swimming ability on subsequent visits by wearing the wrist band or be re-tested.
- Once your child is swim tested, they will receive their colored band which you are responsible to bring back at your next visit.
- **Air filled floatation devices are not permitted.** Stamped Coast Guard approved PFD's only.
- You may bring small balls, small toys for the children to play with, but nothing where a swimmer can support his/herself. Therefore, noodles, inner tubes, etc. are not permitted during Family Swim.
- YMCA provided PFD's (lifejackets) and Puddle Jumpers are available for your use.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUR SAFETY IS OUR PRIORITY

## HATBORO AREA YMCA

# AQUATIC BROCHURE

Revised 12/23/2015

## WELCOME:

The Hatboro Area YMCA Aquatic Staff would like to thank all current members for helping us to keep a safe pool by following the rules established in this guideline. We would also like to welcome all new members and new friends who are taking a facility tour. Come on in, our indoor water temperature is between 84-86 degrees!

Sincerely,

Allison Holland, Advanced Aquatic Director  
Shemise Evans, Assistant Aquatic Director  
and the entire Aquatic Staff

## WHEN ENTERING THE YMCA:

This is a membership organization.  
To be admitted, please present your membership card at the WELCOME CENTER.

## LOCKER ROOM GUIDELINES:

- Food, beverages, glass containers and smoking are not permitted.
- Personal locks are recommended, but please remove after each visit.
- The YMCA does not assume responsibility for lost or stolen items.
- For safety reasons, we ask all parents & guardians to supervise their children at all times in the locker room.
- Children *under* the age of 6 years are permitted in the opposite gender locker room with parent/guardian.
- A changing stall is available on the pool deck if opposite gender members need assistance.
- In the ladies locker room, we suggest that the curtained area be reserved for adults only.
- In the men's locker room, please keep the door between the showers & locker room closed so steam won't turn on the cooling unit. (Temperature is set at 72 degrees).
- Running or horseplay are not permitted.
- No standing on the benches or chairs.
- Soap showers are required *before* entering the pool .

**The indoor pool has 6 lanes & is 25 yards long.**

**The depth ranges from  
3 1/2 feet to 10 feet deep.**

### PLEASE NOTE:

The YMCA of Philadelphia and Freedom Valley encourages a healthy lifestyle for all of our members. Parents, if you choose to bring your child to Lap Swim, you are encouraged to educate your child on all the rules, courtesy, and responsibilities of being a mature lap swimmer.

Our goal is to provide a safe environment for all of our members.



## TRANSITION TO MULTI PURPOSE ROOM :

The Multi-purpose room is located next to the Welcome Center.

- a. Please do not use the equipment in the room.
- b. There may be a party coming in to the MP Room immediately after your party, so please follow the Host timeline to keep your party running smoothly.

## POOL INFORMATION

- Your contract is for 25 or less total swimmers, including "in water" adults.
- Extra *adults* on deck as *extra eyes do not* count in the "25".
- Non-inflatable Individual Flotation Device's such as waist bubbles & lifejackets are the only swimming aides permitted in our pool. All flotation devices must be stamped "Coast Guard" approved
- All participants under 13 will be swim tested and identified with a colored wrist band.
- At least one adult representative of the rental group must remain on the deck at all times.
- Children ages 7-15 will be supervised in the water by at least one adult or teen\*\* for every five children.
- Children ages 6 and under will be supervised in the water by at least one adult or teen\*\* with an adult on deck for every two children.
- **NOTE:**  
Lifeguards will:
  - a. Review the pool rules
  - b. Conduct the "shallow & deep end" tests.  
(Test details found under FAMILY SWIM RULES)
  - c. For safety, each child will pick a "buddy" to swim with.
  - d. One long whistle means clear the pool. When you hear the whistle, exit the pool and hold your buddy's hand in the air. Guards do a quick check and then everyone is back in the water.

**\*\* A "Teen" is anyone age 16+ with an adult (18+) on the pool deck**

### FEES

\$250.00 Full Privilege Member                      \$300.00 Program & Non-Member

For "Gymnastic" Parties, call Darlene at ext. 1107.

## INCLEMENT WEATHER POLICIES

- The Hatboro area YMCA will follow the Hatboro-Horsham School District School Closure decision.
- For the most up to date information on branch closures or program cancellations, members should call the Welcome Center at (215) 674-4545, or visit our website at [www.philaymca.org/branches/hatboro](http://www.philaymca.org/branches/hatboro)
- If an extra week falls between sessions we will attempt to make up a missed class due to inclement weather, however, no refunds or credits will be given for the first missed class.
- The pool will remain closed for 30 minutes after the last sighting of lightning or rumble of thunder.



## SPLASH PARTY INFORMATION

(AGES 7-12) EXTENSION 1122

- Saturday & Sunday parties are 2 hours.
- We offer start times of 1:00pm or 2:00 pm.
- The YMCA will supply:
  - a. Invitations, (remind children to wear their bathing suits under their clothes for a quick and easy change),
  - b. 25 Party cake plates, napkins, cups and a plastic utensil
  - c. A party host, lifeguards
  - e. Trash bags for your easy clean-up
- You supply:
  - a. 2 table cloths (we push 2 tables together)
  - b. Large plates (if you order pizza)
  - c. Cake, candles, matches, cake knife
  - d. Snacks, drinks & games
  - e. Parent supervision in each locker room
  - f. Adult supervision in the water

**\*See back page for more details!**



## HOW DO I SIGN-UP?:

- Call Allison Holland with details to set up your party at extension 1122.
- Within 1 week of speaking with the Allison, stop by the "Y" to:
  - a. Sign your contract.
  - b. Submit ½ of your total bill by check, cash or credit card.
  - c. Pick up your 24 invitations.
- Two weeks prior to your party, pay the remaining balance of your total.

## SLASH PARTY TIMELINE

- You arrive approximately 15 minutes prior to your party.  
The party host will greet you & receive the guest roster.
- The party host will show you where to keep your supplies while swimming.  
Let them know if you order pizza so they can notify you when it arrives.  
They will help you set the table.
- Children proceed to locker rooms (adult supervision required), change (locks are suggested), take a soap shower, continue on to the pool deck.
- Until the lifeguard greets your group, please have your children sit on the benches and **away** from the water.
- Lifeguards will review the pool rules and swim test all the swimmers.
- Lifeguards will let you know when it's time to leave the pool area (approximately 55 minutes.)

Your party will then transition to the Multi-purpose Room, (please review the next page for details.)

## SAUNA GUIDELINES

- Do not use **immediately** after vigorous exercise.
- Wait 1 hour after eating and do not use alone.
- Be aware of the **safe** time limits of use. Exit the room immediately if you feel faint, dizzy, have difficulty breathing, experience excessive sweating, nausea or muscle cramps. (Reasonable time limit is 10 minutes, do not exceed 30 minutes.)
- Excessive exposure can be harmful to your health.
- Persons with poor health should consult his/her physician before using the sauna.
- Elderly and those suffering from Heart Disease, High/Low Blood Pressure and Diabetes **CANNOT** enter.
- **No one under the age of 16 is permitted in the sauna.**
- Do not use while under the influence of alcohol, anticoagulants, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquilizers.
- Absolutely no shaving, shampooing, or other personal hygiene practices are permitted in the sauna.
- Do not put water or any other liquid on the rocks or heater.
- If flammable items are taken in the rooms for personal use (i.e., a newspaper, magazine), remove the item as you exit the room. Avoid use of paper, cloth towels or other flammable items near "hot" heater/rock areas.
- If temperatures are not acceptable (cold or hot), contact the Welcome Center for assistance.

## IF YOU ARE A PARENT:

- Diapers are to be changed in the locker room, not on the pool deck
- Bring a swimsuit/swim diaper, towel and goggles
- Have your child ready for class with their bubble on
- Please watch the class from the bleachers or benches
- For safety reasons, please keep all small children in babysitting room, on parents' lap or in a secured stroller behind the high wall.

## RECREATIONAL SWIM RULES:

- All children under the age of 16 must be swim tested and marked with a colored wrist band to participate in Recreational Swim. Please refer to the back page of this brochure for swim test guidelines.
- Lifeguards are not permitted to conduct a swim test while actively guarding.
- Please no running, horseplay or throwing children.
- Please no dunking, hanging on the lifelines or pushing people in the water.
- Children who obtain the Green Wrist Band, are permitted to Circle Swim during Recreational Swim Times.
- Flotation equipment, kickboards, etc., located on the pool deck, are for instructional use only and may not be used during Recreational Swim.



## GENERAL POOL RULES FOR ALL SWIMMERS

- Swim only if a lifeguard is on duty & obey directions.
- One long blast of the whistle means that you must immediately exit the pool.
- Please only talk to the lifeguard if you have a direct question about the pool.
- Parents or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of emergency.
- Breath holding activities are prohibited.
- Diving in the shallow end is dangerous & not permitted. Diving is permitted in 10 ft. of water. Please dive and/or jump straight forward.
- Flips & diving backwards are prohibited.
- Please do not use the starting blocks.
- Please use the *low* walls for all jumping & diving.
- Ladders & steps must have a clear path for entry & exit. The steps are cut on an angle please walk down backwards.
- Food & beverages are not permitted in the indoor pool area.
- **Snorkels and masks may be used only by adults.**
- If you have any serious medical conditions, please inform the lifeguard before you swim.
- Persons with skin, eye, ear or nasal infections, open wounds or sores, or with band-aids or bandages *may not* use the pool.
- Please tie long hair back or use a swim cap.



## LAP SWIM POLICY:

- Please **Circle Swim** in our pool.
- Swim to the **Right** of the black line.
- Fast swimmers should pass to the **Left** of slow swimmers.
- Slower swimmers should "give way" to faster swimmers.
- 66 lengths = 1 swimmers mile = 1650 yards = 1500 meters
- Members swimming for exercise of all ages are permitted.
- Children age **16** and under must be previously swim tested and achieved the **green wrist band**.
- **Wrist bands can be obtained during recreational swim only.** (All wrists bands must be worn each and every visit)
- **Only members may swim during Recreational Swim times.**
- If Adult Members would like to bring a guest swimmer, they may do so during scheduled **GUEST SWIM** hours.
- Children ages 7 to 11 must be accompanied by an adult on deck while lap swimming.
- **Children age 6 and under must be accompanied by an adult member in the pool while lap swimming.**



## PARENT & CHILD SWIMMING INSTRUCTION

### SHRIMP 6-18 Months

No previous water experience needed. Children 6 - 18 months explore the water through songs and games. A trusted adult participates with the child.

### PERCH 19-36 Months

Perch class, children 19 months to 3 years of age will swim with a trusted adult and gain confidence in the pool. Beginning swimming and water safety skills are introduced.

### PERCH PLUS 2-4 years

Parent Child Perch Plus class focuses on preparing your child for independent group lessons. Proper use of Instructional Floatation Devices (IFD) is stressed. This final Parent/Child class emphasizes sequential progression and skill mastery.

## PRE-SCHOOL SWIM LESSON 3-5 YEARS

### PIKE

This class will focus on water comfort, blowing bubbles, kicking, paddling, and floating with assistance. Independent swimming will be introduced. Water safety and proper use of Instructional Floatation Devices (IFD) are emphasized.

### PIKE ADVANCED

These children have completed all the skills required at the end of a Pike class. They are confident swimming on their front and back with IFDs independently. Children will swim with and without flotation devices. Water safety will continue to be emphasized.

### EELS

Children entering the Eel level should be independently jumping in and be able to swim at least 8 feet on their front, back and side without the assistance of an IFD. The emphasis in this class will be for the children to start swimming with alternating paddles, especially with their faces in the water. Continued independent swimming and safety are emphasized.

### RAYS

Children entering a Ray class should have the ability to swim 15 feet without IFD, in a horizontal body position with alternating paddles on their front. It is also expected that they be able to swim a minimum of 8 feet on their back and side with alternating paddles. In the deep end of the pool, children will be introduced to diving and treading. Rhythmic breathing will be taught as well as elementary backstroke. Endurance will be emphasized.

### STARFISH

To enter: Must swim 1 length front paddle (with rhythmic breathing) and 1 length back paddle with flotation and 20 feet without. Class includes introduction of breaststroke.

## YOUTH SWIM LESSONS 6-12 YEARS

### POLLIWOG

This class is for the beginner swimmer with no previous water experience. This class will focus on the development of proper body position, floating, gliding, paddling and personal water safety. The use of an Instructional Floatation Device (IFD) is recommended in this level in order to get the child comfortable swimming independently.

### POLLIWOG ADVANCED

Polliwog Advanced is an advanced beginner class for the children who are comfortable completely submerging their heads underwater. They will be introduced to rhythmic breathing and stroke development. Children entering a Polliwog Advanced class should have completed all the skills required at the end of the Polliwog Beginner class. They are expected to be able to swim to their instructor on their front, back and side for a minimum distance of 3ft. These children may wear an IFD.

### GUPPY

Children entering a Guppy class should have the ability to swim half a length of the pool in a horizontal position on their front, back and side without assistance or the use of an IFD. They need to be comfortable swimming independently in the deep end of the pool as well as treading water for 30 seconds. Children are expected to have a rudimentary knowledge of breaststroke and elementary backstroke. This class will continue working on stroke development and endurance to one length of the pool.

### MINNOW

Children entering Minnow level should be able to swim one length of the pool with each of the following strokes: freestyle with rotary breathing, backstroke with rudimentary shoulder arm pulls, breast stroke with pull, breath, kick timing, elementary backstroke with inverse whip kick and correct arm pulls, and sidestroke with ear to arm body position. Also, students must demonstrate both a kneeling and standing dive. In Minnow, strokes will be refined with a focus on endurance.

### FISH

Children entering Fish level should have the ability to independently perform freestyle, backstroke, breaststroke, elementary backstroke, and sidestroke for two complete lengths of the pool while demonstrating proper form. Strokes will be refined with a focus on endurance with continued emphasis on correct diving and introduction to flip turns.

### FLYING FISH

Swimmers entering Flying Fish level should have the ability to swim freestyle, backstroke, elementary backstroke, sidestroke, and breaststroke for three lengths of the pool with open turns and one length of butterfly with correct turn. Children should be able to perform flip turns and demonstrate a proper dive.

### SHARK

Upon entering Shark level, swimmers should be able to independently swim freestyle, backstroke, elementary backstroke, sidestroke, and breaststroke strokes for four lengths of the pool with proper starts, finishes, and flip turns. In addition, the swimmer is required to be able to swim two continuous lengths of butterfly with a proper start, turn, and finish. Swimmers should now be able to perform competitive dives off of the starting blocks. Competitive swim strokes such as individual medley will be practiced.