



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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FOR SOCIAL RESPONSIBILITY

## **WILTON FAMILY YMCA**

a branch of the  
RIVERBROOK REGIONAL YMCA  
Serving Norwalk, Redding & Wilton

404 Danbury Road  
Wilton, CT 06897

**RIVERBROOK  
REGIONAL YMCA**  
Serving Norwalk, Redding  
and Wilton

**WILTON FAMILY YMCA  
BRANCH**

***MEMBER  
HANDBOOK***



### **Our Mission**

The Riverbrook Regional YMCA is a charitable organization dedicated to maximizing the personal potential of all individuals in the community.

### **Our Vision**

The Riverbrook Regional YMCA will broaden its leadership role in providing high quality programs and services to a significantly increased membership base through the modernization of its existing campus and the expansion of its facilities. The Y will be known as one of the leading providers of services delivered in an environment that promotes caring, honesty, respect and responsibility.

### **Open To All**

The Riverbrook Regional YMCA programs are open to everyone regardless of ability. Our philosophy is non-competitive and our goal is for each individual to have fun progressing at his/her own pace and to take maximum benefit possible from their experiences at the Y. Y programs offer enjoyable social experiences for all members of the family, as well as skill building opportunities like swimming, gymnastics, sports and games. Every member the Y services faces his/her own personal challenges, physically and mentally, to one degree or another; the Y stands ready to assist each of them.

### **Diversity, Disability & Inclusion**

The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of age, race, gender, income, faith, sexual orientation, gender expression, cultural background, national origin and disability has the opportunity to live life to its fullest. We share the values of caring, honesty, respect and responsibility—everything we do stems from it.

### **Everyone is Welcome!**

Everyone is welcomed into Y programs regardless of ability. If an individual requires special assistance to participate at the Y due to physical, mental or emotional challenges, please contact Y Director of Special Programming, Christina Foley at x207 to make arrangements for an aide or additional staff attention.

### **Financial Assistance**

Wilton Family YMCA programs and membership are open to everyone, regardless of ability of financial resources. The Y is committed to assist applicants that fall within our award guidelines.

Financial assistance requests for programs or membership must be made at least one month prior to class registration or membership join/renewal date. The following materials are needed to process your request: 1) A copy of your current 1040 tax form (required each year you apply); 2) Bank Statements; 3) Paycheck stubs; 4) Proof of State Aid; 5) A completed financial assistance form (available at the Y front desk or online at [www.riverbrookymca.org](http://www.riverbrookymca.org)) listing program participant/s and classes for each seasonal session (Fall, Winter, Spring, Summer). All materials should be returned to Molly Blosser, Financial Aid Coordinator at 203-762-8384 x278

### **The Y LOVES Volunteers**

As a community service organization, the Wilton Family YMCA thrives on people helping out with our special events, programs, fundraisers, and outreach activities. So many valuable offerings simply would not be possible without volunteers giving their time and talents each year. If you would like to become involved in a Y project, event or committee, please don't hesitate to contact Chief Development Officer, Jarred Barnes, at x279 [jbarnes@riverbrookymca.org](mailto:jbarnes@riverbrookymca.org) or Maria Bonini, Director of Human Resources Director x 206. Volunteering is a lot of fun and very rewarding!

Updated 3/12/24 Latest version

**Community Service**

The Wilton Family YMCA Fund for Community Service

In order to fulfill our mission to the community of remaining affordable for the average person and accessible to everyone, the Wilton Family YMCA relies on the generosity of members and friends to replenish our Fund for Community Service through the Wilton Community Celebration, Swamp Romp and the Annual Giving Campaign.

Last year, Y community outreach programs served over 1,200 people, including children attending summer day camp, senior citizens participating in exercise programs, adults rehabilitating from injuries, and families spending quality time together. The Y also provides youth support and social skill groups, as well as healthy initiatives.

Donations can also be made to our Endowment Fund, designated capital projects or commemoratives. If you would like to make a gift in honor of a birthday, anniversary, or in memoriam, donation cards are available. Contact Chief Development Officer, Jarred Barnes (x279) for more information on ways you can help the Wilton Family YMCA financially.

**Community Collaborations**

Did you know that the Y partners with almost 40 other charitable organizations in Wilton and surrounding towns to provide activities and services that can benefit those groups? If you are involved with a non-profit and have an idea for a joint event, please contact Chief Development Officer, Jarred Barnes at x279 to start working together on a plan.



**Business Name**

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## **Wilton Family YMCA Staff      203-762-8384**

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### **Christene Freedman, Chief Executive Officer (x280)**

#### **Business Office**

Shana Russnok, Chief Financial Officer (x275)  
 Maria Bonini, Human Resources Director (x206)  
 Molly Blosser, Assistant Dir. of Information Technology and  
 Member Finances (x283)

#### **Development**

Jarred Barnes, Chief Development Officer (x279)  
 Cecilia Staunton, Individual Giving Manager (x273)  
 Liz Champagne, Marketing & Communications Coord. (x281)

#### **Membership**

Michelle Wishna, Membership Director (x222)  
 Christina Foley, Associate Membership Director, Special Needs  
 Director (x207)

#### **Early Childhood Development**

Kimberly Fejes, Preschool & School Age Childcare Director (x293)

#### **Camp and Afterschool**

Michael Kazlauskas, Sr. Camp & Sports Director (x277)

#### **Gymnastics– Gymnastics Ctr 203-529-3636**

Victoria Bronson, Gymnastics Director,  
 Erin Hunter, Competitive Team Head Gymnastics Coach  
 Karen Brophy, Associate Gymnastics Director  
 Diana LeVander, Gymnastics Coordinator

#### **Aquatics**

Samantha Lusher, Aquatics Director (x211)

#### **Wahoos / Swim Teams**

Todd Stevens, Director of Competitive Aquatics (x287)  
 Matt Salig, Associ. Dir. of Competitive Aquatics/National Coach  
 Eric Holden, Head Age Group Coach (x289)  
 Megan Lasto, Head Developmental Coach (x216)  
 Emma Buckridge, Wahoo Assistant Coach (x287)  
 Jo Ann McCaffrey, Wahoo's Finance and Office Manager (x249)

## **Facility Policies**

### **Parking Lot**

Please be advised, for the safety of everyone, you are not allowed to drop off or pick up anyone at the curb by the Y's front entrance. This is a no parking / no standing / fire lane. Please park your car and walk into the Y to pick up children under 12 years of age. We thank you in advance for your attention to this important safety issue.

Please drive slowly through the parking lot always being aware of children.

Please do not talk on cell phones or texted while driving through the parking lot.

Please only park in allotted spaces and in between the yellow lines.

Please only use the 10 minute parking for dropping off or picking up children.

Please only use the handicapped spaces if you have a handicapped tag.

### **Parking Lot Security**

Please lock valuables, out of sight, in your cars or use the YMCA mini lockers in the Lobby & Fitness Center. The YMCA is not responsible for lost or stolen items.

### **Electric Vehicle Charging**

There are two parking spots available for charging electric vehicles. Please only park in these designated spots when your EV needs charging. Charging is allowed for up to 3 hours. After that, please move your car. The EV spots are only to be used by EVs when they are in need of charging. If you do not have an EV, please do not park in these spots. Please purchase the charge through the App LOOP.

### **Dog Policy**

Dogs are prohibited on the Wilton Family YMCA property unless enrolled in a pre-approved dog obedience program.

### **Video Surveillance Notice**

The Riverbrook Regional YMCA owns and operates video surveillance cameras on the premises of the Wilton Family YMCA.

### **Liability**

The Riverbrook Regional Y does not provide accident insurance for injuries sustained during YMCA activities. Members participate in programs and use the facilities at their own risk.

## Snow Policies

### Night Prior to Weather Event:

A decision will be made regarding opening safely by 8:00 pm.  
If we are not going to open on time, there will be a 2- hour delay.

### Day of Weather Event:

#### Check-in at normal opening time.

Mon. – Fri. check-in at 5:30am about the remainder of the day.

Saturday check-in at 6am. Sunday check-in is at 8:00am.

If we can't open after a 2 hour delay, opening will be 10:30 am.

Check-in at 8:30 am to see if possible.

All programs and practices will be canceled prior to 10:30 am.

If we cannot open at 10:30 am, the opening time will be 2:00 pm.

Check-in at 12:00 pm to see if possible.

All programs and practices will be canceled prior to 2:00 pm.

If we can't open at 2pm, the Y will close for the remainder of the day.

Once a decision is made regarding opening, all practices and programs will remain on the same schedule.

#### Note: Preschool & Afterschool

Preschool will follow Wilton Public School decisions. Afterschool will follow Wilton Public School decisions, otherwise it will defer to our YMCA Inclement Weather Policy.

## Class Registration

Registrations must be made online at [www.riverbrookymca.org](http://www.riverbrookymca.org). Information can be found under **Programs** and **Class Times and Fees**. We cannot accept enrollments over the phone but assistance will be available at the Y if needed. Enrollment is automatic when a class is available. Every effort will be made to get everyone in a class. New classes are made from waiting lists whenever possible. We encourage you to use the waiting list.

## Membership & Non-membership

Everyone must be enrolled as a member or non-member to participate in Y programs. Both new members and non-members may join online. Non-members pay the higher rate for classes. If you are a current member of the Y and your membership expires in the middle of a class session, you are responsible for renewing it on time, or pay the higher non-member rate.

## Cancellation and Refund Policies

If you want to drop a class or program that you have enrolled in, you must complete a change form at the Front Desk. If you cancel before the class starts, you will get a full Y credit. Once the class has started, if you cancel or change there is a \$20 office charge and the following applies: If you cancel within the first week of classes, you will receive a 75% Y credit, second week of classes a 50% Y credit. No credits will be given after the second week of classes, except for documented medical reasons. If the Y cancels a program for any reason, a full refund will be given. Classes that fall on a day the Y is closed will be made up.

## Wilton Family YMCA Staff: continued

### Health and Fitness

Rhoda Kasparek, Director of Healthy Living (x282)

Dina Savitt, Group Exercise Coord.(x276)

### Buildings and Grounds

Rossvin Badilla, Director of Buildings & Grounds (x215)

### Board of Directors

Susan Goldman, Chair, Carol Johnson, Past Chair,  
Greg Pinchbeck, First Vice Chair, Dr. Michael Crystal, Vice Chair,  
Fred Wirth, Vice Chair / Acting Treasurer  
Bill Meehan, Secretary, Glen LeBlanc, Assistant Secretary,  
Jennifer Hickey, Beth Kohl, Vivian Lee-Shiue, Jack McFadden,  
Jennifer Morello, Jody Neaderland, David Roger, Timothy Rorick,  
Luisa Uriarte, Tom Viggiano, Dr. Susan Weinberger

### Community Advisory Council

John Brock, Frazier Caner, Sean Carroll, Chris Dubrowski,  
Jon Ellenthal, Del Overby, Steve Pettit, Carlton S. Raymond, 3<sup>rd</sup>,  
Greg Wheeler

### Trustees Emeriti

Lisa Bogan (deceased)

Al Nickel (deceased)

E. Buckley Griswold (deceased)





## Membership Policies

1. Members must stop at the Check-in Desk when entering the building and swipe their membership card.
2. Memberships are not refundable except for documented medical reasons.
3. Memberships are not transferable to another individual and your card may not be used or borrowed by another person. A transfer letter is available but the Wilton Y does not guarantee that another YMCA will accept any type of membership transfer.
4. Memberships paid in full up-front for the year, will expire that same month the following year. Memberships paid by credit card or bank drafting do not have an expiration date - they continue until you email us a cancellation form (found on the website or at the front desk). To cancel, 10 day notice prior to your draft date is required. If a cancellation notice is not received prior to 10 days before your draft date, the next payment will be charged in full and the membership will remain active for the month. Please email all cancellation/hold forms to [membership@riverbrookymca.org](mailto:membership@riverbrookymca.org)
5. Lost cards must be replaced for a \$4.00 fee.
6. There is a \$25 fee for returned checks and a \$20 fee for returned drafts.

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## Member Code of Conduct

The Wilton Family YMCA is a membership organization, which values personal responsibility, honesty, mutual respect and non-violence. In joining, members agree to subscribe to Y policies and are expected to abide by its rules.

### Membership may be revoked or suspended for the following reasons:

1. If members engage in vandalism, theft, or unnecessary physical roughness in sports and activities while at the Y.
2. **Entry into or use of unauthorized / unprotected areas of the Y property or facility may result in the loss of membership privilege.**
3. **If they use obscene, threatening, or offensive language while at the Y, or act in an abusive or intimidating manner towards another member or staff person.**
4. **If a member is using illegal substances, smoking, vaping, Juuling or drinking alcoholic beverages in any area of the main building or on the property without written permission from the Executive Director.**
5. Anyone caught using another individual's membership card risks suspension or revocation of his or her membership.
6. Failure to abide by a staff member's instruction or directive.
7. Failure to adhere to Child Safe Environment Guidelines (see page 14)
8. Riverbrook Regional YMCA conducts regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access.
9. Failure to adhere to Parking Lot Guidelines (see page 16)

## YMCA Away and Reciprocal Plan

Your Wilton Y membership card will be honored in most Y's across the country at no additional charge. Policies vary by Y, so call ahead to confirm. Within the state of Connecticut, you may also use most other Y's free of charge with your Wilton Y card, up to 8 visits a month. Check [www.wiltonymca.org](http://www.wiltonymca.org) for full details.

If such facilities are not available, privacy curtains may be installed in areas of the locker rooms for use by those desiring privacy. The YMCA is committed to adapting its policies as it continues to provide diverse and inclusive environments for its employees and patrons. All employees and patrons have a right to safe and appropriate bathroom or locker room facilities, including the right to use a restroom or locker room that corresponds to the employee's/ patron's gender identity or expression.

Lockers in the men's and women's locker rooms are for day use only. We encourage you to use a padlock to secure your belongings. If you are carrying something of value please lock it in the Mini Lockers located in the fitness center, as the Y cannot be responsible for stolen items. Locks are available to purchase at the Front Desk. Belongings may not be left overnight. The Y reserves the right to cut off padlocks left on lockers for an extended period of time. Cell phones are not permitted in any of the locker rooms at anytime.

**Children ages 5 & under may accompany parents (of the opposite sex) in the 50M locker rooms and 7 & under in the 25Y locker rooms.** Please see below for a more comfortable alternate changing area.

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## Family and Special Needs Changing Room / Restroom

There is a changing room / restroom available with a shower, sink and toilet for special needs and families with small children. A key is available at the front desk.

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## Child Safe Environment

Parents place their trust in the YMCA to help their children thrive. Because of this, we place great value on creating the most child-safe environment possible. Any person convicted of an offense involving a minor is subject to termination of employment, volunteer services and/or membership. Please visit the website for more information at [www.riverbrookymca.org](http://www.riverbrookymca.org). If you have any questions or concerns regarding a YMCA staff person or program, please make a confidential call to a Wilton Family YMCA Child Safe Coordinator: Kimberly Fejes, School Childcare Dir. 203-762-8384 x293

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## Emergency and Snow Closings

If the Y is forced to close due to a power failure, flooding, weather-related conditions, or other extreme situation, the Y's automated phone message will inform callers of this, and information will be posted on the website at [www.riverbrookymca.org](http://www.riverbrookymca.org)

### **Fitness Class Absences**

Make-ups or credits will not be given for missed fitness classes. If the Y cancels a class a make-up or credit will be given.

### **Personal Training Policy**

Personal training must be paid for in advance at the front desk. Personal training appointments must be cancelled 12 hours in advance, or client will be charged for the session. Personal training at the Wilton YMCA is permitted only by Wilton YMCA personal trainers. Personal training sessions are non-refundable.

### **Fitness Attire**

Sneakers must be worn in the gym, weight rooms, exercise areas and on the racquetball courts. Appropriate, presentable workout apparel for both men and women is expected.

### **No Substance Policy**

No smoking, vaping, Juuling or use of any illegal substances anywhere on the property. The use of alcohol is not permitted on the Y property without written permission from the Executive Director and appropriate permits.

### **Lost and Found**

For sanitary and security reasons, articles found in the building can be kept for a very short time only. Please check promptly if you have lost something as unclaimed items are donated to local charities. The Y is not responsible for lost items or for the contents left in lockers overnight. Valuables should be locked in the mini lockers available in the Fitness Center & AT Center..

### **Locker Room and Restroom POLICES**

The YMCA is founded upon and committed to diversity and inclusion. The Riverbrook Regional values diversity and is committed to maintaining an inclusive environment of respect and trust. The Riverbrook Regional YMCA is committed to maintaining an environment free from any form of discrimination or harassment. For this reason, the Riverbrook Regional YMCA will not discriminate based on gender identity or expression, including the use of bathrooms and locker rooms. YMCA patrons and employees shall have access to the bathroom and locker room corresponding to their gender identity or expression. Any employee or patron who has a need or desire for increased privacy, for whatever reason, will be provided access to a single stall bathroom, when available.

### **Age Restrictions**

#### **Under 12:**

Must be supervised by a responsible adult at all times. The Y reserves the right to remove unsupervised children from activity areas if they are behaving inappropriately & to refuse admission to those who are unaccompanied.

#### **Under 14:**

May not use lap lanes in the pool without prior permission from the aquatic staff.

**Under 16:** May not use the strength training equipment and are not permitted to be in the Fitness Center. You must be 14 to participate in group fitness classes Please contact Rhoda Kasperek (x282) for 15 years and younger youth exceptions for Riverbrook Regional YMCA Family members.

Note: Adults accompanying children must be members or pay a daily guest fee.

### **Breastfeeding at the Y**

Connecticut General Statute's 46a-64 allows mothers to breastfeed their babies in places of public accommodation. The law is enforced by the CT Commission on Human Rights and Opportunities (CHRO). Mothers do not have to go to a special location or into the restroom to nurse their child, nor cover the baby with a towel or blanket.

### **Aquatic Area Procedures**

Bathing suits, bathing caps or tied-back shoulder length hair and soap showers are required before using the swimming pools. A lifeguard must be on duty before entry into the pools or pond is allowed. Members must follow lifeguard instructions on pool/pond use at all times. Inflatables, noodles, kickboards & beach toys are not permitted for recreational swim. Anyone using a floatation device, approved by aquatics staff, must be accompanied in the water, by a parent or guardian. Jumping or diving off the blocks is prohibited during recreational swim. Children in strollers are not permitted on pool decks without adult supervision at all times. All private lessons must be set up through the aquatic office. All instructors must be currently employed by the Riverbrook Regional Y Aquatic Department. It is not permitted for members to bring independent swim instructors/lifeguards to provide instruction during any open pool time. Children under 12 may not use lap lanes in the pools without prior permission from the Aquatic Staff. **Lap swimmers must circle swim.** Long breath holding and swimming under the bulkhead are prohibited. **DO NOT ENTER AQUATIC AREAS UNLESS AUTHORIZED STAFF IS PRESENT. Failure to comply may result in loss of membership privilege.**

### **Indoor/Outdoor Aquatic Storm Policy**

Under the guidelines of our insurance company we are instituting a new indoor/outdoor aquatic storm policy. All water areas will be cleared at the first sight or sound of thunder and/or lightning. Under these guidelines we will wait 30 minutes, from the last time we hear thunder or see lightning, until we can allow swimmers back in the aquatic areas. Safety of our members is our first priority. Thank you for your cooperation.

### Pool / Pond Closings

Call before coming to be sure the pools are open. When the 25Y or 50M pools are closed for special events such as swim meets, signs will be posted in the building a week prior to notify members. Other sudden unanticipated closings due to mechanical problems, children vomiting or defecating in the water, lightning, etc. will be posted on the front door, website and communicated by phone to class participants as soon as possible.

***If your child vomits or defecates in the pool the following action will be taken:***

**First offense** - a \$75 fine will be assessed to compensate for loss of services and cost incurred.

**Second offense** - a \$250 fine will be assessed.

**Third offense** - a \$500 fine will be assessed and you will be suspended from using the pool for 30 days.

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### Youth Swim Class Policy

1. To prevent children from being distracted, parents and guardians must leave the pool area during class time. (Parents may watch the first and last class of each session)
2. Make-ups for classes missed because of illness, etc., cannot be scheduled because of full enrollment.
3. At least 4 participants are needed for a class to run.
4. Regular attendance is strongly recommended in order for children to make significant progress.
5. Make-ups because of pool closings or inclement weather will be made up during break week and/or scheduled time by the Aquatic Department.
6. Students must have a Doctor's note and the approval of the Aquatic Director or Assistant in order to make up classes missed due to prolonged absence.
7. Make-ups for classes canceled due to inclement weather will occur during the break week.



### F.I.T. Program (Families in Training)

**F.I.T. Program Prerequisite:** Must be part of a Family Membership.

**14 year olds and up**, with a **FAMILY MEMBERSHIP**, may use the fitness center (by themselves) once they have completed \*youth training (5 personal training sessions or the Youth Strength Training class and pass a test).

**\*Youth Strength Training is now included in Family Memberships!**

#### **12 - 13 yrs**

Have access to the fitness center with a parent, after completing \*youth strength training or 5 personal training sessions and pass a test.

**Note:** Parents **MUST** accompany the child (12 -13) and they must have a valid fit card and Family Membership.



### Outside Trainers / Instructors / Coaches

All instruction/training at the Wilton YMCA is permitted only by Wilton YMCA personnel. This includes any type of training/instruction/coaching from persons employed outside the Y for swim lessons, sports, personal training, etc. Wilton YMCA employees cannot conduct off property training without the consent of department head.



### Parent / Child Swim Lessons Now Included in Family Memberships!

- \* A brand new completely revamped program / all levels.
- \* Family member incentive of free parent/child programming.
- \* New / smaller ratios per class.
- \* More cohesive timing of classes.
- \* Private / Semi-Private lessons on a schedule.

For more information please contact Aquatic Director, Samantha Lusher at [slusher@riverbrookymca.org](mailto:slusher@riverbrookymca.org) or 203-762-8384 x211.

### Attention Swimmers and Parents

To minimize the number of pool closings due to children vomiting or defecating in the water, we ask parents to observe the following rules:

1. Do NOT feed your child before swimming.
2. Do NOT bring your child swimming if they have a cold, congestion, upset stomach, or digestive problems.
3. Be sure your child goes to the bathroom right before swimming.
4. Ask your child if they feel well before going in the pool.
5. While swimming ask your child periodically if they need to use the bathroom.
6. Watch the amount of water your child swallows when in the pool.



### Dock Test

Any child under the age of 18, must complete the YMCA swim skills assessment and will be assigned a green, yellow or red swim band prior to swimming in the pools & pond. **Dock Tests** at the Pond are also required during the summer months.

Please see page 9 for more information on the Swim Test Policy.

### Splash Pad

Water shoes must be worn at all times. Swim diapers are also necessary if a child is not potty trained.

The Riverbrook Regional YMCA is committed to providing a safe and enjoyable pool experience for all. Any child under the age of 18, must complete the YMCA swim skills assessment (swim team and swim lessons have completed this assessment regularly) and will be assigned a green, yellow or red swim band prior to swimming in the pool. These bands assist our certified lifeguards in keeping our swimmers safe.

**GREEN BAND**

A green band allows swimmers to use entire area of the pool. To receive a green band, swimmers must demonstrate the following skills:

Jump in deep water and return to the surface.

Swim the length of the pool, turn around and swim back unassisted with either front crawl or breaststroke.

Float on back for 30 seconds and regain vertical position on their own.

Tread water for one minute with ears and face above water at all times.

Exit the pool without assistance.

Green banded swimmers under the age of 12 must have adult supervision in the pool or on the pool deck at all times.

**YELLOW BAND**

A yellow band determines that the swimmer is shallow water competent (no PFD) and allows swimmers to swim in the shallow areas up to arm pit deep or less.

To receive a Yellow Band, swimmers must demonstrate the following skills:

Float on back for 30 seconds and regain vertical position on their own.

Swim half the length of the pool, turn around and swim back on stomach unassisted.

Yellow banded swimmers under the age of 12 must have adult supervision in the pool or on the pool deck at all times.

**RED BAND**

Children who can walk but cannot demonstrate the required skills or do not wish to participate in the assessment will be classified as inexperienced and will be given a red swim.

Swimmers that do not pass the yellow or green band testing or those that decline to take it will be considered Red Band or inexperienced swimmers.

**Red Banded swimmers will:**

Only be allowed in the shallow area of the pool.

Require active adult supervision within arm's length.

MUST be in a Coast Guard Approved flotation device (PFD).

**GENERAL INFORMATION**

Please get your child's wristband at the Member Service Desk.

All swim tests will need to be retaken once a year, (if on swim teams or swim lessons, it is automatically updated).

Aquatic Staff has the option to require a retest if they feel it is necessary.

The Y provides Coast Guard Approved flotation devices. You are more than welcome to bring your own Coast Guard Approved flotation device.

What is considered safe adult supervision?

Age 16 or older.

Actively watching swimmers in the water within arm's length.

Supervise no more than three inexperienced, red banded swimmers at one time.

