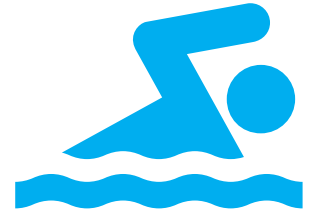


SWIM TEST

FOOTHILLS AREA YMCA



UPDATE FOR 2026

EFFECTIVE JANUARY 1, 2026, our swim test procedures are being updated. Please review the changes below:

What's Changing

- We will move to **one standardized swim test**.
- Children **14 and under** must:
 - Pass the swim test, **or**
 - Wear a **U.S. Coast Guard-approved life jacket**, **or**
 - Remain **within arm's reach of a supervising adult at all times**.
- Due to this update, **all children ages 14 and under will be required to retest**.

New Swim Test Guidelines

Participants must complete the following:

- Jump into the pool at the transition line, resurface, and begin swimming.
- Swim to the deep-end "T" using a forward crawl stroke in a horizontal position, without stopping or touching the bottom.
- Tread water for **60 seconds**.
- Exit the pool without assistance, using the wall.



Thank you for helping us keep our swimmers safe!

Lifeguards are permitted to retest swimmers at any time at their discretion

