



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM BRACELET COLORS

SKILLS MUST BE DEMONSTRATED DURING SWIM EVALUATION



GREEN BRACELET

- Proficient swimmer that successfully passes Parts 1 and 2 of the Swim Evaluation.
- Swimmer must demonstrate proficiency in both front crawl and backstroke through consistent forward motion and rotary breathing.
- Swimmer must be able to tread water for a minute.
- Stamina and efficient body motion must be demonstrated through duration of evaluation.



YELLOW BRACELET

- Non-swimmer, but does not need flotation. Limited to the shallow end of the pool unless accompanied by an adult.
- Swimmer can demonstrate forward locomotion in the water but cannot maintain it consistently.
- Struggles to keep body at surface of the water while swimming and/or treading.
- Does not display the stamina necessary for deep-water swimming.



RED BRACELET

- Non-swimmer that requires constant parental accompaniment while swimming. Coast Guard Approved flotation devices are highly recommended.
- Swimmer is not able to stay at the surface of the water without flotation.
- Swimmer shows signs of tiredness soon after beginning the evaluation.

SWIM EVALUATION

All swimmers who are 14 or younger are required to take the swim evaluation.

PART 1

YELLOW BRACELET

- Swim length of shallow end on front continuously (maintaining horizontal body position)
- Touch the bottom of the pool in the yellow area
- Swim length of shallow end on back continuously (maintaining horizontal body position)
- Tread water for at least 20 seconds

PART 2 (Part 1 Prerequisite)

GREEN BRACELET

- Jump into deep water and safely resurface
- Swim 2 continuous lengths of freestyle
- Swim 1 continuous length of backstroke
- Tread water for at least 1 minute
- Continue swimming freestyle immediately after treading water (remainder of length)



Swimmers who earn a **Red Bracelet** MUST be accompanied by an adult at all times.

**BERKELEY HEIGHTS
COMMUNITY POOL**
at the YMCA

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