



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE MAGIC IS IN THE ADVENTURE

PARENT/GUARDIAN HANDBOOK

ymcagreenville.org/summer





WELCOME TO CAMP!

The YMCA is the nation's leader in camping, offering outdoor programming for over 100 years. The YMCA of Greenville serves 11,000 children in day camp programs. Yet we are excited to have your camper experience a fun-filled, exciting summer with us!

ABOUT OUR CAMP

At Day Camp, our goal is to provide a safe, healthy, environment for campers to experience adventures and grow physically, mentally and spiritually so that they may achieve their greatest potential. Our focus at day camp is to encourage campers to demonstrate five key character traits: Caring, Honesty, Respect, Responsibility, and Faith while promoting an environment that promotes belonging, achievement, and positive relationships. Keeping our mission and purpose in the forefront allows us to reach our goal of the YMCA pillars of youth development, healthy living and social responsibility.

OUR AWESOME STAFF

Our Day Camp program is committed first and foremost to the safety of your child. A YMCA professional supervises all day camp staff, recruited through, leadership organizations and from high schools and area colleges. We place a serious emphasis on safety standards by offering a remarkable counselor to camper ratio and requiring our counselors to complete pre-camp training, including CPR, First Aid, AED and Child Abuse Prevention along with specific training in the areas of working with children, discipline, group dynamics, mental health first aid, safety and programming. All YMCA staff go through background checks prior to hiring. We take pride in the high expectations we set for our summer camp staff each year and evaluate them on a regular basis.

PARENT RESPONSIBILITIES

It is our priority to make sure parents are informed of what is going on in our programs. The Y will communicate with you about activities, special events and especially about your child! We communicate through newsletters, social media, signs posted at pick-up or drop-off time, phone calls, in person, and email. Email updates will be sent out to the primary email address provided. If there is ever a time you want to know more, please contact your Y and speak with the program director or a member of our leadership staff.

- Parents must follow all established policies and procedures outlined in the YMCA Day Camp Handbook including the pick-up policy, payment policy, late pick-up policy, cancellation policy, etc.
- Parents are responsible for reading all emails, newsletters, flyers, etc. sent home regarding the Day Camp program as well as regularly reviewing the Y website, Facebook page, and materials available at your child's Day Camp location to keep well-informed about the program.
- Parent should read and review the Camper Code of Conduct with their children and adhere to the Parent Code of Conduct (page 8).

PAYMENT/CANCELLATION/REFUND POLICY

FULL DAY, TEEN, AND EXTENDED DAY CAMPS

- A \$50 registration fee is required at time of registration.
- A \$10 deposit is required to reserve your spot for each session week.
- We require payments to be made using an automated payment schedule. This payment authorization is to remain in effect until the Y receives the required notification to cancel the program. Your scheduled payment amount will increase/decrease based on the weekly fee plan(s). This includes holidays. If your scheduled payment is returned or if you stop payment or your account closes, you will be responsible to pay the program fees and the \$25 service fee. If any changes occur with your bank account, debit or credit card, please notify the Y immediately.
- A cancellation notice is required in writing at least 15 business days prior to the camp's start date. Written cancellation notices received at least 15 business days prior to the camp start date will result in a refund or system credit of amount paid (minus \$10 deposit).
- **No refunds or system credits will be issued for cancellation requests not submitted at least 15 business days prior to the camp start date.**

WEEK OF CAMP	CANCELLATION DEADLINE	PAYMENT DUE DATE	WEEK OF CAMP	CANCELLATION DEADLINE	PAYMENT DUE DATE
Week 1: June 3-7	May 13	May 17	Week 6: July 8-12	June 17	June 21
Week 2: June 10-14	May 20	May 24	Week 7: July 15-19	June 24	June 28
Week 3: June 17-21	May 27	June 31	Week 8: July 22-26	July 1	July 5
Week 4: June 24-28	June 3	June 7	Week 9: July 29 - Aug. 2	July 8	July 12
Week 5: July 1-3	June 10	June 14			

SPECIALTY AND ENRICHMENT CAMPS

- Payment in full is required for all specialty and enrichment camps.
- A cancellation notice is required in writing at least 15 business days prior to the camp's start date. Written cancellation notices received at least 15 business days prior to the camp start date will result in a refund or system credit of amount paid minus \$20.
- No refunds or system credits will be issued for cancellation requests not submitted at least 15 business days prior to the camp start date.

FINANCIAL ASSISTANCE

Deadline to apply for financial assistance is May 1.



WHAT CAN I EXPECT AT CAMP?

Going to summer camp is a very exciting experience for campers and parents. It's very natural for everyone to be anxious about the first day of camp and meeting new friends. Hopefully, the following information will familiarize everyone with camp procedures and minimize "first-day" anxiety. The YMCA Day Camp has well-trained staff that are focused on meeting the needs of individual campers and are committed to serving as excellent role models.

- Dress for the weather. The camp day will continue rain or shine.
- Campers are very active during camp. Therefore, have your camper wear "play clothes" that can become dirty.
- Your camper will probably come home tired and may need additional rest after a day of high energy activities.
- Label all items with camper's name including: swimsuits, towels, water bottles and backpacks.
- Please don't send valuable clothing or valuable items to camp including jewelry and electronics.
- Make sure all your forms and payments are completed. This will save time at check-in.

OUR DAILY ADVENTURES

SUMMER FULL DAY CAMP

It is important to us that your child has a wonderful "first", "second"...or "seventh" camp experience. Therefore, our goal is to create an atmosphere of trust and friendship so that each camper will feel happy and confident at camp. Campers' activities include but are not limited to: assemblies, choice activities based on weekly themes, skits, stories, arts & crafts, fitness activities, relays, character development, academic enrichment and counselor huddle times.

We take special care of campers. The program is progressively structured to challenge children according to their age. Campers stay with their counselor throughout the entire day. However, YMCA lifeguards as well as day camp counselors supervise swim time. The program is planned to give children an introduction to a wide variety of camp activities, along with providing them the opportunity for creative expression.

Huddles: Children will be placed in groups of 12 for elementary aged children and group of 15 for middle school aged children, according to age/grade with one YMCA counselor. Children will remain in this small group with their YMCA counselor rotating to different activities for the week.

Weekly Themes: In Traditional Day Camp we strive to create an outstanding experience for your camper, so we ask that they participate in weekly themes. Each week, you will receive a newsletter outlining more details for the week and we ask that you encourage your camper to participate by helping them with specific camp initiatives prior to arrival.

Fun Friday: Everyday is fun at camp but Friday is SUPER fun! Details about each fun Friday all camp activity will be included in each week's newsletter. This is a special day to dress silly according to the week's theme. No need to purchase anything, just go in your closet and put your imagination to use.

Field Trips: A list of all the field trips will be released on our website once plans are finalized. On field trip days there will be no swimming for that specific age group. **Campers in specialty, enrichment camps, or extended day camps do not attend field trips.**

WHAT TO BRING TO CAMP

LUNCH OPTIONS MAY VARY BY LOCATION

Please pack a nutritious, balanced lunch for your camper and include a healthy drink. Camp does not have refrigeration for lunches. Please do not send milk or mayonnaise based products. A small cooler with the camper's name works best for packing lunches and drinks. A water bottle is recommended. Also, hydrating drinks are required instead of carbonated drinks. Please do not send soda or microwavable items. Please note: Campers have access to water fountains at all times during the day. **We require campers to bring a labeled water bottle with their name on it to refill during their programmed activities.**

SNACK

The YMCA of Greenville implements a series of healthy eating and physical activity standards in our programming. The standards are part of the Y's nationwide commitment to the Partnership for a Healthier America. In Summer Full Day Camp, we will provide an afternoon snack everyday for campers. We will commit to serving fruits, vegetables, healthy grains, or dairy at every snack with water being the primary beverage during snack time. Please make sure your child eats a good breakfast before arriving at camp each morning.

CLOTHING

Please dress your child appropriately. You should take into consideration the weather forecast and the camp activities. Campers must wear play clothes and tennis shoes as your camper will be participating in outdoor activities. **For safety reasons, open toed shoes and sandals are not permitted at camp.** Campers should



also bring a swimsuit and towel on water days. Please clearly label swim items with the camper's name. For sanitary reasons, campers should not come dressed in their bathing suits. Campers will be given time to change before participating in water activities.

BATHING SUITS

Please send a bathing suit and towel that is clearly labeled with your child's name with your child on water activity days. You will be informed through the weekly newsletter for the week's activities. You may send goggles with your child as well, however the YMCA will provide all flotation gear. **PLEASE REMEMBER TO LABEL ALL ITEMS WITH YOUR CHILD'S FIRST AND LAST NAME.**

SUNSCREEN

We are committed to keeping your child safe from the sun. To help prevent sunburn, **it is recommended that parents apply sunscreen prior to arriving at camp.** Campers spend a large amount of time in outdoor activities. Please apply 8-hour sunscreen that will last all day before arriving at camp. Parents should provide campers with spray sunscreen to keep with them throughout the day. Staff are only able to apply spray sunscreen. As needed, staff will aid children in applying sunscreen.

LOST AND FOUND

We will make every effort to return lost and found items while your child is at camp. Please mark all items with your child's first and last name with a permanent marker or laundry label for easy identification. If you discover something is missing please check lost and found immediately. Items left will be donated to a local charity. Donation dates will differ by camp location. The more time passes, the less likely it can be found. The YMCA is not responsible for lost, stolen, or damaged clothing or equipment.

LIVEWELL HOUSE RULES FULL DAY CAMP

- Water is available all day.
- Fresh fruits and veggies will be served 4-5 days a week.
- A minimum of 60 minutes of physical activity every day.
- Fun nutrition education 1-2 times per week.

LEAVE IT AT HOME

The Y is not responsible for any valuables. Please make sure your child leaves toys, trading cards, video games, cell phones, candy and gaming systems at home. If a child is sent to the Y with these items, they **MUST** remain in the child's book bag during program hours. Campers will not be allowed to use any of these items, and if they do, they will be confiscated and returned to the parent at sign-out. At the Y, we make sure our programs are packed with activities and these personal items can often be a distraction.

WE KEEP THE PEACE

Here at the YMCA of Greenville our behavior expectations and discipline procedures are based on our Core Values of Caring, Honesty, Respect, Faith, and Responsibility. We believe in creating a safe, secure, and fun environment and believe that in order to do this, all youth need to know and understand the rules and expectations for appropriate behavior. We also believe that when youth do not follow the rules, we have an opportunity to help youth learn from their mistakes.

The YMCA promotes behavior guidance and discipline through creating a positive environment, developing structure and clear limits, promoting social and emotional learning, reinforcing our core values and addressing challenging behaviors.

From our Core Values we have developed these expectations:

- **Caring:** Showing kindness towards all students and staff through words and actions.
- **Honesty:** Telling the truth about your actions and feelings in an effort to help solve problems and find solutions.
- **Respectful:** Listening to other students and counselors and honoring their thoughts, requests, and expectations in a respectful manner.
- **Responsible:** Taking ownership for your words, actions, and belongings while at the YMCA, but also respecting YMCA space by taking care of the property and keeping it clean.
- **Faith:** Always respecting other's beliefs and religious practices.

All youth are expected to follow the rules established by the YMCA for the physical and emotional safety of all youth in our programs. In light of this, the YMCA does not allow the following behaviors:

- Unruly behavior within the group that disrupts the daily operations of the program
- Use of phones or other technology inappropriately
- Communicating with staff through social media and gaming platforms
- Vandalism, fighting, stealing, and threats against others
- Abusive or profane language, gestures, or physical actions towards staff and campers
- Harassment, intimidation, bullying
- Inappropriate verbal or physical contact in a sexual nature
- Inappropriate racial comments towards other students or staff

The YMCA staff desire to partner with families of the youth in our care and communicate when issues may arise during youth programs. If a youth is unable to meet established behavior expectations, YMCA staff will follow these disciplinary steps below.

1. Conversation between staff and youth to discuss behavior and reset expectations using positive reinforcement.
2. Parents will be notified in written or verbal form if youth is not following established rules.
3. If the behavior continues, a formal write up will be given to parents to sign to serve as a warning.
4. If challenges continue, the youth will be given a suspension.
5. If after the suspension, the youth continues, in the behavior a 1-week suspension will be given and a parent conference will be scheduled to develop a behavior plan for the youth.
6. If suspensions nor a behavior plan is effective in changing the youth's behavior, they may be dismissed from the program.

* Please note: these steps are guidelines and Y program directors have the right to adjust consequences on an individual basis as situations arise. We want all of our children to enjoy their experiences at the Y. We also want all of our children to be physically, emotionally, and mentally safe when in our programs. Children who interfere with the mental, emotional, and physical safety of others might not find this program a good fit, and may be asked to leave. If your child is removed from the program due to behavior, a refund will not be issued.

AT THE YMCA, WE STRIVE TO CREATE AN INCLUSIVE ENVIRONMENT FOR ALL.



BULLYING AND CONFLICT

We believe that through the interactions between students in our program we can help develop conflict resolution skills within our students to help them in their future endeavors. We are seeing a rise in the use of the term bullying and we wanted to address this with all of our families so that you can know where we stand on this issue.

BULLYING is an unwanted behavior that is repeated over time, or has the potential to be repeated, and involves a power imbalance. At the Y, there is no room for bullying. We work hard to create a caring, respectful, honest, and responsible environment in order for all of our programs to feel safe. Bullying can result in these repeated behaviors: physical violence, combative or intrusive behavior, deliberately hostile actions, taunts & name calling, threats & intimidation and/or cyberbullying. Our goal at the Y is to stop bullying; to do this we need to all be upstanders (ones who recognize when something is wrong and takes action to make it right). If there is suspicion of bullying, we will carefully handle each situation case by case.

CONFLICT is a disagreement or argument in which both sides have an equal power balance and are expressing their views. At the Y, believe that conflict is part of youth development. In our programs, when conflict arises we allow the counselors to facilitate conversations that allow kids to work through the problem together and express themselves in a safe place. Conflict can result in these behaviors: relationship building, increased communication with peers, learning consent and boundaries and growing from mistakes. Our goal at the Y is to teach and promote conflict resolution with the understanding that conflict is a natural and important part of Youth Development.

Y BUS CODE OF CONDUCT

- The Camper Behavior Code of Conduct applies while riding on the bus.
- Eating and drinking are not permitted on the bus.
- Riders must remain seated and wear seat belts at all times.
- Riders hands, arms, etc. may not extend outside the bus at any time.
- Riders must not tamper with the bus emergency door.
- Riders must obey the driver.
- The driver is in charge of the bus and has the right to administer disciplinary actions including assigned seats to maintain order and promote safety.
- Riders may not throw objects on the bus, shout or display any other behavior that may distract the driver and compromise the safety of those on the bus.

YMCA STAFF CODE OF CONDUCT

- Staff will use positive techniques of guidance, including redirection, positive reinforcement, and encouragement rather than competition, comparison, and criticism. Staff will have age appropriate expectations and set up guidelines and environments that minimize the need for discipline. Physical restraint is used only as a last resort, in necessary situations (to protect the child or other children from harm), only administered in a prescribed manner by trained persons, and must be documented in writing.
- Staff will treat each child with dignity and respect.
- Staff will administer clear delivery and regular review of program expectations, rules and procedures to participants.
- Staff will establish an atmosphere of appropriate behavior.
- Staff will communicate any behavioral and/or social issues involving campers to their parents and the Camp Director in a timely manner.
- Staff will deliver program components appropriately, demonstrating the YMCA's 5 Character Values and the mission of the YMCA of Greenville.
- Staff will deliver program information updates and reminders regularly via newsletter, email, social media, flyers, etc.
- Staff will respect the privacy of program participants and adhere to established confidentiality policies.

PARENTS AS PARTNERS

The YMCA program welcomes all children and our goal is to make sure everyone has a chance to participate in our programming. In order to set all campers up to be successful in our programming, it is essential that all pertinent information about the child's needs be available to YMCA staff members from the outset of enrollment and that a continuing bond of trust and mutual partnership exists for the benefit of the child. In order to best meet the needs of the child, the YMCA asks that the parent, guardian or authorized representative schedule a conference call, in person or virtual meeting with the YMCA program leadership team. If you indicate that your child might need special accommodations while in our care, we will contact you to schedule an appointment to learn more about your family and ways you can support your child while in our care.

PARENT CODE OF CONDUCT

APPROPRIATE CONDUCT: It is important that parents, guardians and authorized representatives of the child role model positive behavior while at the YMCA program. Parents, guardians and authorized representatives can also be asked to leave the program, if their behavior is deemed inappropriate.

If there is a problem with the program or with a YMCA staff member, please contact the YMCA Director of the program. This will help to avoid any confrontations that might be uncomfortable for the children, other parents, guardians, authorized representatives, authorized visitors and YMCA staff members.

Parents, guardians, authorized representatives, and authorized visitors are expected to behave respectfully when communicating with YMCA staff members. Any inappropriate behavior, abuse or harassment will result in the suspension or cancellation of the child's enrollment. This includes yelling, threatening or other perceived aggressive behavior.

Please note that refunds will not be issued if child's enrollment is suspended or terminated due to

inappropriate behavior, abuse or harassment from a parent, guardian or authorized representative. Parents, guardians or authorized representatives who believe something is unsatisfactory, should speak with the YMCA Director of the program or YMCA Branch Leadership, immediately.

Parents, guardians and authorized representatives may not discipline children who are not their own at the program site. All are expected to conduct themselves appropriately when dealing with the YMCA and with YMCA personnel.

Conduct in YMCA programs, program sites and YMCA branches must be conducive to a diverse constituency where people of all ages and backgrounds feel welcome and safe. YMCA members and guests are expected to behave in a civilized manner towards one another and towards YMCA Staff members, at all times.

Families may email or call the YMCA Director of the program regarding any concerns about the program or the YMCA. The YMCA believes that face to face conversations are most preferred when dealing with sensitive issues or concerns.



TAKING GOOD CARE

HEALTH AND WELLNESS

It is our sincere desire to provide quality care for your camper while they are participants at Camp. It is absolutely imperative that we work together to make this happen. **If your child has felt sick during the night or does not feel well in the morning before arrival, please do not send them to camp.** If a child becomes ill during the program and is unable to participate in activities, we will contact the parent/guardian, and the child will be isolated from their group immediately. Any child running a temperature over 100 degrees or has vomited will be required to go home. If a child is hurt, a certified staff member will administer first aid. If the situation requires further medical attention, a staff member will attempt to contact the parent/guardian. In the event that the parent/guardian cannot be reached all contacts on the authorized pick-up list will be contacted. Please be advised that staff will not exclude your camper from activities unless one or more of the following exists:



- The illness prevents the camper from participating comfortably in camp activities.
- The illness results in greater care needed than the counselor can provide without compromising the health and safety of the other campers.
- The camper has a fever, signs of possible severe illness (i.e. lethargy, uncontrolled coughing, irritability, persistent crying, difficulty breathing, wheezing or other unusual signs) until medical evaluation allows inclusion, uncontrolled diarrhea (including one or more watery stools in a 24 hr. period), vomiting or signs of communicable illness (rash, lice, etc.)

If your camper has any of the symptoms listed above, or is removed from camp because of an above listed condition please refrain from returning to camp until condition discontinues (a minimum of 24 hours). Please assist us in our efforts to maintain a healthy environment for our children.

MEDICATIONS

The YMCA Day Camp prefers that all medications be administered at home before the camp day. However if medication needs to be administered, all prescription medication must be in the original container that identifies the prescribing physician, the name of the medication, the dosage, and the frequency of administration. All medication, including over the counter items (vitamins, creams, lotions, etc.) must be stored in the camp office and administered by the camper with oversight of camp leadership staff. Check all medications in at the camp office on the first day of each session. Please make sure camper's name is on all items. Refrigeration will be provided if necessary. **DO NOT PACK MEDICATION IN BACKPACK, OR IN LUNCH.** Medication must be given directly to staff at drop-off along with the "Medicine Administration" form. Medication forms can be filled out online: ymcagreenville.org/summer.

WHAT'S GOING ON AT HOME

Children's actions in camp often reflect situations they are experiencing at home (i.e. pet's death, divorce, sibling conflict, etc.) If any disruptive or traumatic experience should occur, please inform the director or counselor. For the protection of participants and staff, we follow the policies below:

- YMCA Staff and volunteers are not allowed to transport children at any time outside of YMCA programs.
- Parents may not leave children at the YMCA or program site unsupervised.
- The YMCA is a federally mandated reporter of any suspected cases of child abuse or neglect.
- YMCA staff is not allowed to babysit any campers involved in any YMCA programming.
- Any traumatic experience from home that might reflect camper behavior should be reported to the Camp Director.

GET HOME SAFELY

PICK UP AND DROP OFF

Drop off and pick-up locations will vary by branch. Please refer to your camp's branch specific information.

RIDES IN / OUT PROCEDURE Camp leadership staff will be available at this time with rosters to sign in your child, and a runner will be there to take your child to their group. Campers must be "signed in" to the program each morning and "signed out" of the program in the afternoon each day. If your camper arrives after rides-in or you have to pick them up before 4:30pm please check in at the Welcome Center (may vary by location). We cannot and will not permit children to leave camp on their own. For the safety of your child, participants will only be released to the legal guardian or responsible adult listed on the camper's registration form. **Please do not park in the car line. If you need to assist your child, please park and come into the Y.**

DROP OFF (Summer Full Day Camp): Day Camp arrival is between the hours of 7:30–9am. We begin organized activities at 9am, so please have your child at camp by that time.

PICK UP (Summer Full Day Camp): Pick up time is 4:30–6pm. The Y recognizes the need to provide a safe and secure site for all children in our Day Camp programs. As a result, the Y will only release a child to an adult who is listed on the "Authorized Pick-up List." This also can be updated online. The Y staff will adhere to the rules below to protect children in their care. **Adults picking up children will be asked by a Y staff member to show a picture ID.**

LATE PICK-UP/FAILURE TO PICK UP Staff are scheduled until 6pm, however, staff will not leave a camper unattended. A late fee of \$1 per minute per child will be applied for late pick-up. Chronic late pick-up may be grounds for extra fees and/or dismissal from the program. In the event that you fail to pick up your child, the following will happen:

- All phone numbers we have on file for your child will be called.
- If no contact can be made at those numbers, we will continually assure the child that everything is ok. Your child will never be left alone with only one staff person. There will always be two YMCA staff members present.
- We will notify the Program Director and call the Branch Executive to determine the appropriate next steps, which may include calling police and/or social services.

CHANGES TO THE PICK-UP LIST Parents can now add authorized pick-ups from their online portal, and it will immediately update to our attendance dashboard for rides out. Any court orders declaring changes in custody should also be provided to the Y for our records. The primary responsible party is the only person who can amend the authorized pick-up list.

STEPS FOR CLARIFYING CUSTODY ISSUES If an adult who is not on the authorized pick-up list comes to pick up a child, the child will not be released to the adult. Y staff will contact the primary responsible party who must clarify the situation as outlined above. If the primary responsible party cannot comply by providing a signed notice, then the YMCA staff must: 1) Contact and involve a Y Director immediately; and/or 2) Contact local law enforcement or social services if necessary.

In cases of separated and divorced parents, where visitation rights are denied to one parent, we cannot deny releasing the child to such parent unless a court decree or separation document is in our file expressly forbidding a parent from picking up the child from our program, or from picking up at times not allowed by the court decree. If anyone is specifically NOT allowed to pick up your child, please list them under the "NOT AUTHORIZED" section on the Day Camp registration form.

IMPAIRMENT At times we are called to make judgments concerning a camper's safety. If a YMCA staff member suspects that the adult authorized to pick up the child is impaired when he or she arrives, the YMCA will keep the child until alternative transportation can be arranged. The YMCA will first contact another family member, spouse or emergency contact. The YMCA reserves the right to involve appropriate authorities if necessary.

SWIM AT THE Y

Swimming and splashing around are a great part of summer full day camp. Swim schedules are camp specific. Please review your branch's swim schedule or contact your branch specific Camp Director. Please keep this in mind when making your daily pick-up arrangements. If you do not want your camper to swim please contact your branch's childcare director. Please note that it takes each group about 15 min for change time. **Each camper must take a swim test prior to their first time in the pool.** All those that have already taken the test will have to take it again after June 1st and/or wear a life jacket. This is the pool policy to ensure that children who may not have swam in several months still have the skills to keep them safe.

THE SWIM TEST

Safety is our top priority at the pool. Prior to entry into the pool all swimmers 14 years and younger will have their swimming ability tested and will be placed into one of two swimming categories designated by Green Band, or Lifejacket. This test will be done of their first day of swimming at camp. There are two levels of swim test. Campers 14 years old or younger who cannot demonstrate the Green Band skills will be required to wear a Lifejacket.

GREEN BAND Swimmer jumps into water over his/her head and easily returns to the surface. Swim 25 yards unassisted front crawl or breast stroke and without resting while maintaining a positive body position. Tread water 30 sec.

YELLOW BAND For those participants who are tall enough to stand in designated section but not strong enough to pass swim test. Not required to wear a life jacket but must stay in designated shallow end. *Each branch has different height requirements due to pool depths and setup.





YMCA OF GREENVILLE

ymcagreenville.org 864-412-0288

OUR MISSION

The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.

CAINE HALTER FAMILY YMCA

721 Cleveland Street
Greenville, SC 29601
Instagram @cainehalterysdc

PRISMA HEALTH FAMILY YMCA

550 Brookwood Point Place
Simpsonville, SC 29681
Instagram @ymcaprogramcentersdc

EASTSIDE FAMILY YMCA

1250 Taylors Road
Taylors, SC 29687
Instagram @eastsideysdc

YMCA JUDSON COMMUNITY CENTER

2 Eighth Street
Greenville, SC 29611
Instagram @judsonysdc

GEORGE I. THEISEN FAMILY YMCA

100 Inspirational Way
Travelers Rest, SC 29690
Instagram@georgeitheisenysc