

Hello,

Thank you for your interest in being a YMCA Swim Official and attending the **Level 1** training scheduled to be held at **8 am on Sunday, October 12** at the **Bath YMCA**.

Please reach out to me if you have any questions: cac.swim@yahoo.com, 207-619-0538 or 207-570-8768.

This course is designed to certify or recertify participants as swim officials for the YMCA of the USA's Competitive Swimming Program in the areas of Stroke and Turn Judge, Relay Take-off Judge, Place Judge and Timer.

Eligibility: Candidates for certification as a YMCA Level 1 Swim Official must be at least 21 years old and be associated with a local YMCA sponsored swim team.

The training has three parts:

1. Complete the pre-training steps
2. Attend the training
3. Complete an open-book exam.

1. **Pre-training steps:** create an account on the Y Exchange site if you do not already have one, register for the class (LCDC), pay for the course (DEFY), download the current rulebook (USA), and view the swimming videos (Youtube).

A. Create an account on the YExchange site if you do not already have one.

- To create an account, go to **<https://services.ymca.net>**.
- A copy of the instructions is attached.
- Note: Please use your home YMCA CEO, Aquatics Director, or Head Swim Coach (if this individual is also a Y staff member when asked for Y executive.
- Note: this process is not optimized for use on mobile devices.

B. Register for the Level 1 training using the following registration link

<https://lcdc.yexchange.org/Catalog/Class/Detail/308737>.

- I believe that you will need to be signed in to your LCDC account in order for the link to properly work.

C. Pay for the course.

- The fee is **\$30.00** and is **paid through the Ellsworth DEFY**, by phone with a credit card or by mailing a check (made out to Down East Family YMCA), prior to attending the class.
- Down East Family YMCA, 238 State St, Ellsworth, ME 04605, 207-667-3086.

D. Review Resources

- You may **download** the current complete or mini-2022 USA-YMCA Rulebook from the USA website: **<https://www.usaswimming.org/officials>**
You can order a printed copy of the current rulebook at:
<https://www.swimoutlet.com/search?q=2025+Mini+Rulebook>
 - I should have some extra books from a previous year to use during the training to complete the exercises.
- Please **watch** the USA Swimming stroke videos on the USA Swimming Youtube channel.
 - There are six videos: Butterfly, Backstroke, Breaststroke, Freestyle, IM, and Relays.
 - A link to the six is:
<https://www.youtube.com/playlist?list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx>.
 - You can also download the videos for off-line viewing and for review.

2. Attend the training.

The training will be held at **8 am on Sunday, October 12** at the **Bath YMCA**, 303 Centre St, Bath, ME 04530, 207-443-4112.

3. Complete an exam.

There is a new online platform for taking the YMCA Swim Official tests.

- You will be provided with the instructions for registering on the platform and completing the test at the conclusion of the in-person training.
- It is an open-book test and will need to be completed within **thirty days** of completing the in-person training.
- There is a time counter, but there should not be a time limit, so you can close out of the test and your work should be saved.
- The test will be scored automatically
- You must receive a score of at least 80% to pass
- You may take the class as many times as you would like to.

Thank you again for your interest in joining this volunteer team.

Cynthia Cullinane
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207-570-8768