

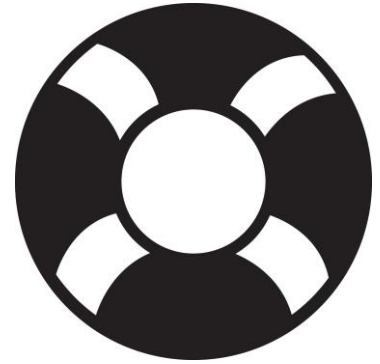


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **STRONG SWIMMERS, CONFIDENT KIDS**

## **SAFETY AROUND WATER - 2018**

### **YMCA of Vineland**



Through the Safety Around Water Program, the Y helps prevent drowning. Two children die every day as a result of drowning. Research has shown that participation in formal swimming instruction can prevent drowning. The Y is the nation's leading provider of community-based swim lessons.

The program teaches kids and their families water safety skills to prevent drowning. Safety Around Water is for all children, but it especially targets minority and underserved populations who are at higher risk for drowning.

The program builds upon individual skills to create two core skill sequences to help children be safe in and around the water -- Jump, push, turn, grab and swim, float, swim.

### **Program meets:**

- Dates:** Fridays - May 18, 25, June 1, 8, and 15, 2018
- Ages:** Children ages 4 years to 8th Grade (must be 4yrs. by May 18)  
Beginner and Non-Swimmers only
- Fee:** \$10 for 5 weeks- 50 minute classes; by age or grade completing June 2018  
Funding provided through USA Swimming Foundation Make a Splash grant
- Class times:** 4:30 - 5:20 pm 3rd-8th Grade (non-swimmers & beginner only)  
5:20 - 6:10 pm Ages 4 - 5 years through 2<sup>nd</sup> Grade  
6:10 - 7:00 pm Ages 4 - 5 years through 2<sup>nd</sup> Grade

### **Register beginning April 21; space is limited**

#### **General Information:**

- **Return completed registration form and payment to the YMCA; space is limited**
- Arrive ten minutes prior to class time, transportation must be provided by participant
- Please bring Bathing suit, towel and long hair tied back; no open wounds or Band-Aids in pool, or street shoes on pool deck.
- There are no make-ups or refunds for missed classes or inclement weather conditions



Cumberland Cape Atlantic YMCA  
1159 E. Landis Avenue  
Vineland, NJ 08360

856-691-0030  
www.ccaymca.org



## **SAFETY AROUND WATER (SPLASH) program**



YMCA SAFETY AROUND WATER (SPLASH) program is a water safety swimming program to teach kids and their families water safety skills to prevent drowning. Our program helps youth overcome fears they might have and gives them a sense of pride and accomplishment.

Our program is broken up into 5-30 minute Fridays. Each class they will learn about personal safety, character development, stroke development and rescue.

This program is funded through USA Swimming Foundation Make a Splash grant. For more information visit [www.usaswimmingfoundation.org/makeasplash](http://www.usaswimmingfoundation.org/makeasplash).

Once the student has completed the program, your child's instructor will be able to tell you which Y Swim Lesson level to sign your child up for future swim sessions offered throughout the year!

## **YMCA Swim Lessons program**

8 week sessions following the national YUSA Swim Lessons v6 program.

### **Swim Starters - Parent Child - 6 months (able to sit up on own and hold their head up) to 3 years**

Parent is in the water with the child to work on water adjustment and water safety skills through songs and activities

### **Swim Basics and Swim Starters -Preschool -3 – 5 years (Kindergarten) and Youth 6 - 14 years, teen and adult**

**Swim Basics** – Students learn personal water safety and basic swimming competency by learning 2 benchmark skills – swim, float, swim, and jump, push, turn, grab. Children develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Group activities that reinforce learning help students progress.

**Swim Strokes** – Introduces and refines the stroke technique in older students. Having mastered the fundamentals in Swim Basics, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well- being, and foster a lifetime of physical activity.

