



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS, CONFIDENT KIDS

SAFETY AROUND WATER - 2021

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.

This program is inclusive to youth aged 5 – 12 years who are able to sit on the wall to wait their turn and can follow verbal instructions. Able to participate without one on one aid.

Program meets:

- Dates:** Fridays - May 21, 28, June 4, 11, and 18, 2021
- Ages:** Children ages 5 - 12 years (must be 5yrs. by May 21)
Program activities are for non-swimmers and Beginners only
- Fee:** \$10 for 5 weeks- 50 minute classes; by age or grade completed June 2021
Funding provided by **USA Swimming Foundation Learn to Swim Grant
- Class times:** 3:30 - 4:20 pm Ages 5 – 10 years
4:30 - 5:20 pm Ages 5 – 10 years
5:30 - 6:20 pm Ages 5 - 10 years
6:30 - 7:20 pm Ages 8 - 12 years (non-swimmers & beginners only)
*Submit completed Enrollment form and payment at registration

Register now; space is limited
For more information check out our website or call the Y.

See other side for Important Swim program and class information and related COVID protocols -->



SAVING LIVES BUILDING CHAMPIONS

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

856-691-0030
www.ccaymca.org



Registration Information:

- **Return completed registration form and payment to the YMCA; space is limited**
- Arrive ten minutes prior to class time for COVID check-in, transportation must be provided by participant; maintain 6 ft distance in our facility
- Please wear a Bathing suit and bring a towel and long hair tied back; no open wounds/Band-Aids in pool.
- There are no make-ups or refunds for missed classes or inclement weather conditions

Swim and COVID Protocols:

- Swimmers and parents must check-in before entering the Y each day;
- Face masks(no face shields, gators, bandanas, masks with vents) are required for all entering the facility and on the pool deck;
- Only 1 spectator per swimmer on the pool deck; bare feet or shoe covers on the pool deck
- Swimmers go through the locker rooms and shower at the Y prior to entering the pool;
- Swimmers must wear footwear in the Y, locker room and hallway

SAFETY AROUND WATER program

-During COVID the swim instructors are teaching using very limited/no student contact; children may be wearing a lifejacket to provide floatation and assist them during some of the lesson time, depending on their comfort/ability level in the water.

-This program is funded through a **USA Swimming Foundation Learn to Swim grant**. For more information visit <http://www.usaswimmingfoundation.org/makeasplash>.

-Once the student has completed the program, your child's instructor will indicate which Y Swim Lesson Stage to sign your child up for future swim lesson sessions offered throughout the year!

YMCA Swim Lessons program

6-8 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 Strokes -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.

