



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS, CONFIDENT KIDS

SAFETY AROUND WATER - 2022

Cumberland Cape Atlantic YMCA -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 20, 27, June 3, 10, and 17, 2022
 - Ages:** Children ages 5 - 14 years (must be 5 yrs. by May 20, 2022)
Program activities are geared for non-swimmers and Beginners only;
****If your child has participated in/been classified as YSL Stage 3 and higher, they are too advanced for this program**
 - Fee:** \$10 for 5 weeks- 40 minute classes; by age or grade completed June 2022
 - Class times:**
 - 4:35 - 5:15 pm Ages 5 – 10 years
 - 5:20 - 6:00 pm Ages 5 - 10 years
 - 6:05 - 6:45 pm Ages 10 - 14 years
 - 6:50 – 7:30 pm Ages 5 – 10 years
 - 7:35 – 8:15 pm Ages 8 – 14 years
- *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 program protocols→

Cumberland Cape Atlantic YMCA
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CUMBERLAND CAPE ATLANTIC YMCA

SAFETY AROUND WATER 2022

Registration Information:

- **Return completed registration form and payment to the YMCA; space is limited**
- Arrive ten minutes prior to class time for check-in and showering before heading to the pool;
- Transportation must be provided by participant;
- Please wear a Bathing suit and bring a towel and long hair should be tied back; no open wounds/Band-Aids in pool;
- There are no make-ups or refunds for missed classes or inclement weather conditions

Swim Protocols:

- Swimmers and parents must check-in before entering the Y each day;
- Spectators on the pool deck must be bare foot or wear shoe covers on the pool deck; small children must remain with their parent and be closely monitored while sitting on the bleachers;
- Swimmers go through the locker rooms and shower at the Y prior to entering the pool;
- Swimmers should wear footwear in the Y- locker room and hallway

SAFETY AROUND WATER program

-Due to COVID and everyone's wellbeing the swim instructors are teaching using limited 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.

-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 Y Swim Lesson sessions offered throughout the year!

YMCA Swim Lessons program

6-8 week sessions following the 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 – Stages 1 - 3- 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 – Stages 4 – 6- 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.

