



BE WATER READY

SAFETY AROUND WATER – SPRING 2025

Safety Around Water consists of lessons designed to teach kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water.

A typical session includes:

- Exercises to help kids adjust to being in the water
- Instruction in two skill sets kids can use if they unexpectedly find themselves in the water: Jump, Push, Turn, Grab and Swim, Float, Swim.
- Safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills



Details for Safety Around Water

Eligibility:

- Must be a non-swimmer or a Beginner (Y Swim Stages 1 & 2)
- Ages 5 – 14 years old (must be 5 by May 19, 2025)
- Income must be less than \$50,000*
2025 Spring Holiday Care participants are ineligible

Dates:

- Program runs five (5) consecutive dates
- May 19–23

Times:

- Select your preferred time–*Space is Limited*
- 4:30–5:10pm; 7:30–8:10pm

Fee:

- \$16.00 for all 5 Class dates

Registration:

- Fill out the Safety Around Water registration form and register, with payment, at the Member Services Desk. Space is limited; must meet eligibility requirements to register.

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to Learn
More



***This program is grant funded through the New Jersey YMCA Alliance.**

-- Turn Over For More Details --

Questions: Contact Member Services (856-691-0030) to register or Mary Desjardins (aquatics@ccaymca.org) for more info



Important Parent Information:

- A parent/guardian must assist the child in dressing for the pool, showering before swimming and after swim time. Male and female family locker rooms available.
- Children need a bathing suit and towel. A swim shirt may be worn in nylon/polyester, not cotton clothing.
- Long hair (shoulder length & longer) a hair tie or bathing cap is required.
- Children may not swim with open wounds, contagious diseases, or if they have a gastric (stomach) virus
- No shoes worn outside may be worn on pool deck; bare feet or shoe covers (at the pool) only

Remember: Phones Down, Eyes Up™ while at the pool or waterfront.

- Checking your phone may seem like a quick task, but it can quickly become a distraction—and distractions around the water can have major consequences.
- That's why families should always assign a Water Watcher—an adult who maintains visual contact with all children playing in or near the water.



Did you know:

- **9 in 10 parents see swimming as an essential life skill**, yet 24% have low confidence in their kids' ability to stay safe around water.
- **Parents and guardians have a critical role to play in teaching their kids water safety skills – but** they don't have to do it alone! With more than 110 years' experience equipping people with the skills they need to stay safe in and around water, the Y is America's most trusted swim instructor. Each year, the Y teaches more than one million kids life-saving swimming and safety around water skills.