

HEALTHY KIDS DAY

WATER SAFETY POWER HOUR

Join us from 12:30–1:30pm

Held right after Healthy Kids Day, our Water Safety Power Hour aims to introduce basic information and skills taught in our Y Aquatic programs. Explore and participate in the following as you rotate through our 3 stations! Sign up at the AQ table during Healthy Kids Day!

Swim Lesson Information and Mini Lesson:

Want to learn more about our Y Swim Lesson Program? Get in the pool to explore skills taught during a lesson and ask questions about the program!

Lifejacket Safety for Swimming & Boating:

Safety Around Water is our highest priority! Learn about lifejackets, get comfortable swimming, and learn about the watercrafts we utilize in our summer day camp program!

Summer Crisis Tips & Tricks:

If someone is in trouble in or around the water, don't panic! Learn how you can assist at this station!

COMMUNITY SWIM – FREE!

Join us from 1:30–3:30pm

Our annual Healthy Kids Day community swim will be held right after our Water Safety Power Hour. Join us for one or both! Participants interested in swimming must register at the YMCA Aquatics table at the Healthy Kids Day event from 10am-12pm. Swimmers for all pool activities must have proper bathing attire, and youth under the age of 11 must have an adult in the water with them.