



THE WORLD IS 71% WATER

ARE YOUR CHILDREN 100% PREPARED?

**Teach your children water safety
and make water activities accessible.**

Drowning can happen nearly anywhere with standing water. As a parent or caregiver, you need to equip your children with the skills they need to be confident in and around water. With this confidence, they can develop self-esteem, discover new ways to stay fit and build lifelong relationships.

The YMCA's **Safety Around Water** program teaches essential water safety skills, which will open a world of possibilities for your kids.

WHAT IS SAFETY AROUND WATER?

Safety Around Water consists of 5 - 50 minute classes designed to teach kids water safety skills that reduce the risk of drowning and build confidence in and around water. A typical session includes:

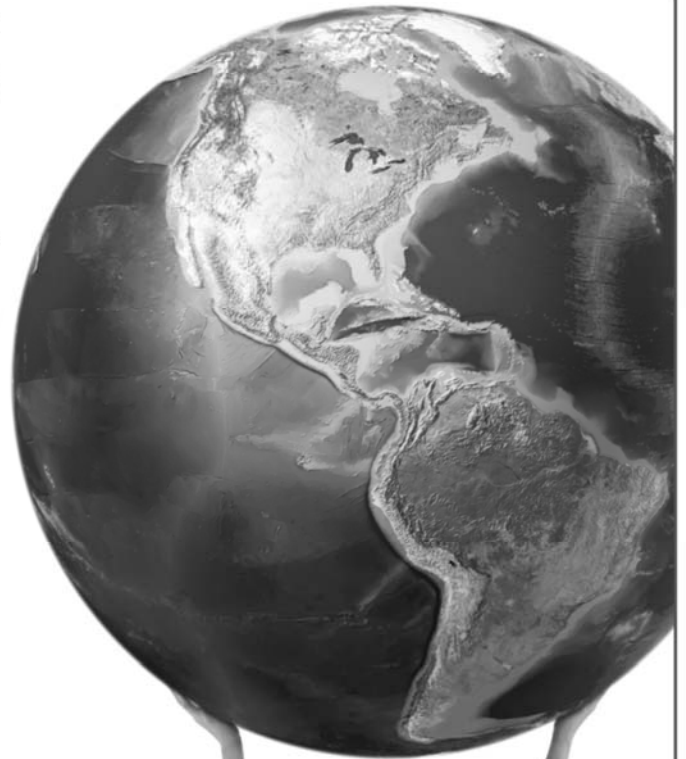
- Exercises to help kids adjust to being in the water
- Instruction in two skills sets kids can use if they unexpectedly find themselves in the water—"Jump, Push, Turn, Grab" and "Swim, Float, Swim"
- Safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce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

Fridays, May 21 - June 18

**For beginner swimmers - Ages 5
years - 5 grade**

We do everything possible to ensure our facilities meet the highest standards for hygiene and safety, and have modified our programs to facilitate safe physical/social distancing practices.

**To be added to the SAW
communications list, contact:
Aquatics@ccaymca.org**



Visit ymca.net/watersafety

Location: YMCA of Vineland
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