



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE WORLD IS 71% WATER YOUR CHILDREN ARE 100% CURIOUS Safety Around Water

Drowning can happen nearly anywhere with standing water. But, as a parent or caregiver, you can't keep your kids sidelined. You need to equip your children with the tools they need to be confident in and around water so they don't lose out on the **health benefits** of exercise, the opportunities to bond with **family and friends** and the **sense of accomplishment** when they learn new skills.

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's **Safety Around Water** program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them.

WHAT IS SAFETY AROUND WATER?

This 4-session course teaches kids water safety and basic swimming skills that help reduce the risk of drowning and builds confidence in and around water.

A typical session includes:

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

Safety Around Water is free to participants. It is open to anyone in the community who wants their children to learn how to be safe in and around water

WHEN: May 22-26, 2017, 5:30-7:30 p.m.

- * **Special Family Swim Session on May 26**
- * **Attend all sessions and earn a savings coupon for a full session of YMCA Swimming Lessons.**

**WHERE: Downtown, 452-3261
Eastside Family, 899-9622
Glenwood Park, 868-0867**

