



# BE WATER READY

## SAFETY AROUND WATER – SPRING 2023

### YMCA of Vineland

#### SAFETY AROUND WATER AT THE Y

Through the Safety Around Water Program, the Y helps prevent drowning. Research has shown that participation in formal swimming instruction can prevent drowning.

This program teaches youth 5 – 14 years water safety skills to prevent drowning. It 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.



#### Program 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 18, 2023)
  - ◆ Income must be less than \$50,000\*
- Dates:**
  - ◆ Program runs five (5) Fridays (May/June)
  - ◆ May 19, 26; June 2, 9 and 16. 40 Minute classes.
- Times:**
  - ◆ Select your preferred time—\*Space is Limited\*
  - ◆ 4:30-5:10pm; 5:15-5:55pm; 6:00-6:40pm; 6:45-7:25pm
- Fee:**
  - ◆ \$15.00 for all 5 Classes
- 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.



**\*This program is grant funded through our Y’s Annual Giving Campaign and the USA Swimming Foundation Youth Learn To Swim to address water safety in our community.**

#### 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.
- 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

**Questions:** contact Mary Desjardins – [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) or Jennifer Helm – [helm@ccaymca.org](mailto:helm@ccaymca.org) for more program info or call Member Services – 856-691-0030 to register;