



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELP KEEP YOUR CHILDREN SAFE AROUND WATER

SAFETY AROUND WATER PROGRAM

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 to satisfy their curiosity safely.

What Is The YMCA's Safety Around Water Program?

Through learning how to perform a sequenced set of skills, the risk of drowning is reduced, giving your child confidence in and around water. A typical FREE 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

Help Keep Your Children Safe

Drowning can happen nearly anywhere with standing water. But, as a parent or caregiver, you can't keep your children sidelined. You need to equip them 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.



REGISTER TODAY!

WHERE: Stratford YMCA, Main Pool
WHEN: May 19 and 20 1:30-3:30
Ages: All ages welcome!
Contact: 203-375-5844, sbuckholz@cccymca.org

STRATFORD YMCA

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