



"I saw his confidence. He just felt so at ease with the water...it makes you think because I can conquer this, I can conquer everything"

— Mom of two Safety Around Water participants
(and a participant herself)



"It's inevitable that kids may be invited to something like a pool party. You don't want them to be the person sitting on the sidelines because water's involved."

— Dad of Safety Around Water participant

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Stew Leonard III Water Safety FOUNDATION

YMCA of the USA's Strategic Initiatives Fund

YMCA OF MONTCLAIR
www.montclairymca.org

PARK STREET YMCA
25 PARK STREET
MONTCLAIR, NJ 07042

GEYER FAMILY YMCA
159 GLENRIDGE AVE.
MONTCLAIR, NJ 07042



**THE WORLD IS
71% WATER
ARE YOUR CHILDREN
100% PREPARED?**

Safety Around Water

For a better us.®

TEACHING CHILDREN SKILLS TO STAY SAFE AROUND WATER

How fast can a drowning happen?

In the time it takes to make a phone call, a child can become submerged underwater and lose consciousness. That's all the time it takes.

As a parent or caregiver, your priority is keeping your children safe. But you can't be everywhere at every second, and you can't keep your children sidelined. You want them to possess the skills and confidence to keep themselves safe, too.

DROWNING is the **second-leading cause** of accidental death for children ages



Safety Around Water is a program that gives anyone the tools they need to be confident in and around water so that they don't lose out on fun water-based activities, the health benefits of aquatic exercise, the opportunities to bond with family and friends, and the sense of accomplishment when they learn new skills.

For every child who drowns, **5** receive ER care for non-fatal injuries.



Safety Around Water is open to anyone in the community who wants to learn how to be safe in and around water. The program is available to participants for a small fee of \$5 per person. Registration begins June 7.

Classes for ages 4–6 at Geyer Family YMCA available June 21–25:

9:00am–9:40am
9:45am–10:25am
10:30am–11:40am
11:45am–12:25pm
12:35pm–1:15pm

Classes for ages 7–14 at Park Street YMCA available June 28–July 2

9:00am–9:40am
9:45am–10:25am
10:30am–11:40am
11:45am–12:25pm

All parent/guardians who have children enrolled in our Safety Around Water program will get a 30 minute water safety presentation on the first day of their child's class.

Bathing suits are required and swim caps must be worn at the Park Street YMCA. Participants must bring their own towels. Program is open to community members.

WHAT IS SAFETY AROUND WATER

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. Program is for non-swimmers and beginners (stages 1–3 of the YMCA progressive swim program). Through learning how to perform a sequenced set of skills in five 40 minute lessons, the risk of drowning is reduced, giving your child 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.**

Each lesson includes a handout for parents and caregivers with additional water safety tips.

Safety Around Water is taught by a certified instructor, so you can trust that the course lives up to the Y's highest standards for quality. Long recognized as the "Nation's Swim Instructor," the Y teaches more than 1