



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of the Pikes Peak Region

SAFETY AROUND WATER

Teaching children how to be safe in and around the water is a necessity, not a luxury.

WHAT IS SAFETY AROUND WATER?

Through learning how to perform a sequenced set of skills over five 45-minute lessons, your child will gain confidence around water and help reduce the risk of drowning.

The week-long session covers:

- Exercises to help kids adjust to being in the water
 - Instruction in “Jump, Push, Turn Grab” and “Swim, Float, Swim” - two skill sets kids can use if/when they unexpectedly find themselves in water
 - Safety education for both children and their parents/caregivers
-

The **Memorial Park Recreation Center YMCA** is now offering this program for **FREE**. Space is limited to 60 participants, sign up today!

DATES:

Mon-Wed, November 20-22 and Fri-Sat, November 24-25
Times: Session times are 4:00-4:45pm or 5:00-5:45pm
Ages: 3-17 years