



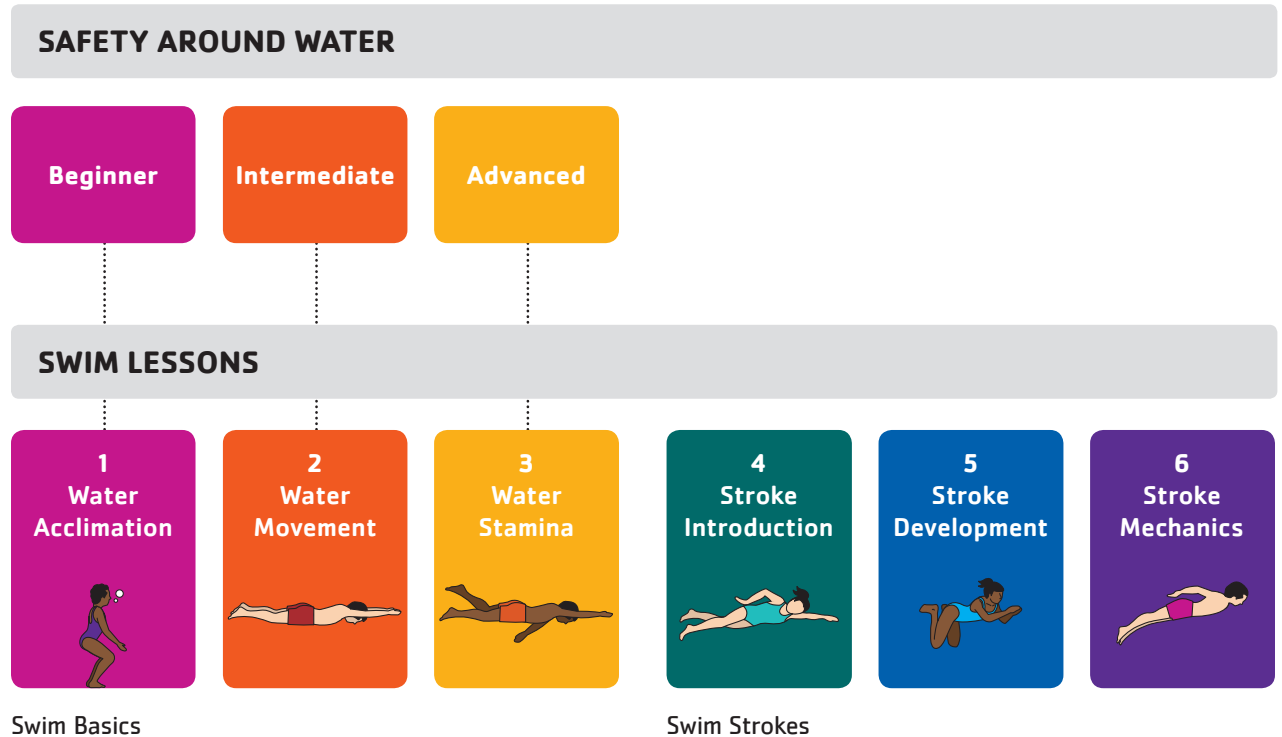
Safety Around Water PROGRAM OVERVIEW

Drowning poses a considerable risk for youth and adults, especially those from underserved populations. The statistics are sobering, but drowning deaths are preventable. At the Y, we believe everyone should have the chance to learn how to stay safe around water:

- 1. Learning to be safe around water is a life skill.**
Today, fewer than half of all Americans say they know how to swim. The Safety Around Water program is designed to help change this reality.
- 2. Learning to be safe around water builds a sense of achievement.** Overcoming a fear of water and mastering skills in the pool build confidence and competence. Safety Around Water, like all Y programs, helps individuals reach their full potential.

Safety Around Water is an independent program designed to reach children at risk of drowning and teach them basic water safety skills, but the skills it develops overlap with those taught in the Swim Basics stage of YMCA Swim Lessons. **Students who complete Safety Around Water are prepared to transition directly into swim lessons to continue the learning.**

The Safety Around Water–YMCA Swim Lessons Connection



Swim Basics

Swim Strokes

Stages of Learning

The goal of Safety Around Water is to teach students two benchmark skills: jump, push, turn, grab and swim, float, swim. The three stages of Safety Around Water are designed to accomplish this goal while also allowing you to meet students where they are. If students have never been exposed to the water, you may need to begin with the skills outlined in the Beginner stage. If students are able to perform the benchmark skills during the initial assessment, encourage further skill development using the skills outlined in the Advanced stage.

BEGINNER

SUBMERGE

- **Submerge** bob independently

SWIM, FLOAT, SWIM

- **Front glide** assisted, to wall, 5 ft.
- **Water exit** independently
- **Back float** assisted, 10 secs., recover independently
- **Roll** assisted
- **Front float** assisted, 10 secs., recover independently
- **Back glide** assisted, at wall, 5 ft.
- **Swim, float, swim** assisted, 10 ft.

JUMP, PUSH, TURN, GRAB

- **Jump, push, turn, grab** assisted

Description

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

INTERMEDIATE

SUBMERGE

- **Submerge** look at object on bottom

SWIM, FLOAT, SWIM

- **Front glide** 10 ft. (5 ft. preschool)
- **Water exit** independently
- **Back float** 20 secs. (10 secs. preschool)
- **Roll**
- **Front float** 20 secs. (10 secs. preschool)
- **Back glide** 10 ft. (5 ft. preschool)
- **Swim, float, swim**, 10 ft.–5 yd.

JUMP, PUSH, TURN, GRAB

- **Jump, push, turn, grab**

OPTIONAL

- **Tread water** 10 secs., near wall, & exit

Description

Encourages forward movement in water and basic self-rescue skills performed independently

ADVANCED

SUBMERGE

- **Submerge** retrieve object in chest-deep water

SWIM, FLOAT, SWIM

- **Swim on front** 15 yd. (10 yd. preschool)
- **Water exit** independently
- **Swim on back** 15 yd. (10 yd. preschool)
- **Roll**
- **Swim, float, swim** 25 yd. (15 yd. preschool)

JUMP, PUSH, TURN, GRAB

- **Jump, push, turn, grab**

OPTIONAL

- **Tread water** 1 min. & exit (30 secs. preschool)

Description

Develops self-rescue skills performed at longer distances than in previous stages