



YMCA at the Piscataway Community Center

Safety Around Water



**BE WATER
READY!**

**FREE WATER
SAFETY PROGRAM
FOR AGES
7 - 9**

SAFETY AROUND WATER AT THE Y

From oceans to lakes to streams to swimming pools, water is everywhere: 71% of the Earth's surface is covered in it! And while water can be an irresistible place for kids to explore, play and enjoy the water, it can be risky for those who haven't yet developed their water smarts.

SAW Program

**Program includes 7 lessons
Saturdays 12 - 12:45 P.M.
beginning July 13.**

**Registration opens June 17
at 9 A.M.**

16 spots available.

WHAT IS THE Y's SAFETY AROUND WATER PROGRAM?

Safety Around Water consists of seven lessons designed to teach kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water. A typical session includes:

- Exercises to help kids adjust to being in the water
- Instruction in two skill sets kids can use if they unexpectedly find themselves in the water: Jump, Push, Turn, Grab and Swim, Float, Swim.
- Safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

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**Contact the Y today to get
water smart!**

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