



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEEK OF APRIL 11<sup>TH</sup>-14<sup>TH</sup>

## Water Safety Week at Anderson Area YMCA

### THE WORLD IS 71% WATER YOUR CHILDREN ARE 100% CURIOUS

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

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's **Water Safety Week** program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them.

#### WHAT IS WATER SAFETY WEEK?

This week long course teaches kids water safety and basic swimming skills that help reduce the risk of drowning and builds confidence in and around water. Each session is 45 minutes.

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

For more  
information,  
contact:

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This program is available at no cost to non-swimmers who need to learn drown prevention skills.

Register at the  
Front Desk, or by  
scanning this QR  
Code!



Available times: 11:30-12:15, 12:30-1:15, 3-3:45,  
4-4:45, 5-5:45

Spaces are limited to 20 per time—  
register today to reserve your spot!

