



YMCAs ACROSS GEORGIA ARE  
**TEACHING SKILLS  
THAT SAVE LIVES.**



Visit [YMCA.net/watersafety](https://www.ymca.org/watersafety) and learn more today.

Find your Y: <https://www.ymca.org/find-your-y>



# DROWNING IS PREVENTABLE

## Through the Safety Around Water program, the Y helps prevent drowning.

Two children die every day as a result of drowning. Drowning is the leading cause of death for children ages 1 to 4. It is the second leading cause of death for children ages 5 to 14. As an organization dedicated to creating safe spaces for all, the Y has an opportunity to make a difference.

Research has shown that participation in formal swimming instruction can prevent drowning. The Y is the nation's leading provider of community-based swim lessons. With more than 1 million children receiving swim instruction annually, and with more than 2,600 locations in 10,000 communities, the Y is one of the few organizations in the country positioned to bridge the gap between the delivery of swim lessons and water safety education in the United States. We help kids, adults, and families learn to be safe in and around water.



The program builds upon individual skills to create two core skill sequences to help children be safe in and around water:

**Swim, float, swim.** In this skill sequence, children swim a short distance on their front, turn to their back to float, then turn to their front to continue swimming, if they are able. Children may choose to stay in a back float. Rolling onto their back periodically allows them to rest and breathe. The sequence helps children stay afloat until someone arrives to help them or they are able to get to safety using the combined skills.

**Jump, push, turn, grab.** In this skill sequence, a child jumps into the water, pushes off the bottom, turns around to face the wall, grabs the wall, and safely exits the pool. The sequence simulates the experience children have if they are submerged in water unexpectedly. After learning the sequence, children have the skills to get back to the side of the pool or to safety.



## DID YOU KNOW?

88% of children who drown do so under adult supervision.



## Find the Fun!

When you're safe, water can be fun and not feared! Find all the fun things Sam and Imani can do safely in the pool. Circle the words related to safety in the pool.

L F X Q D S K D V X P X G  
B R E A S T S T R O K E N  
C A B J A T D D L E E F A  
Y O K E R V B Y J Q E Y F  
W J B C P P I E N Q G B L  
O H G U N R F R P E O T O  
D S J Z T L U K K A G L A  
J Y L G L T C T M V G A T  
U X Z W G I E H Z H L P Y  
M B A C K S T R O K E S P  
P R E S W G I N F W S T J  
C E X E R C I S E L C S K  
A K R S W I M T W K Y Z M

### FIND THESE WORDS:

Kick

Backstroke

Float

Crawl

Jump

Turn

Laps

Butterfly

Breaststroke

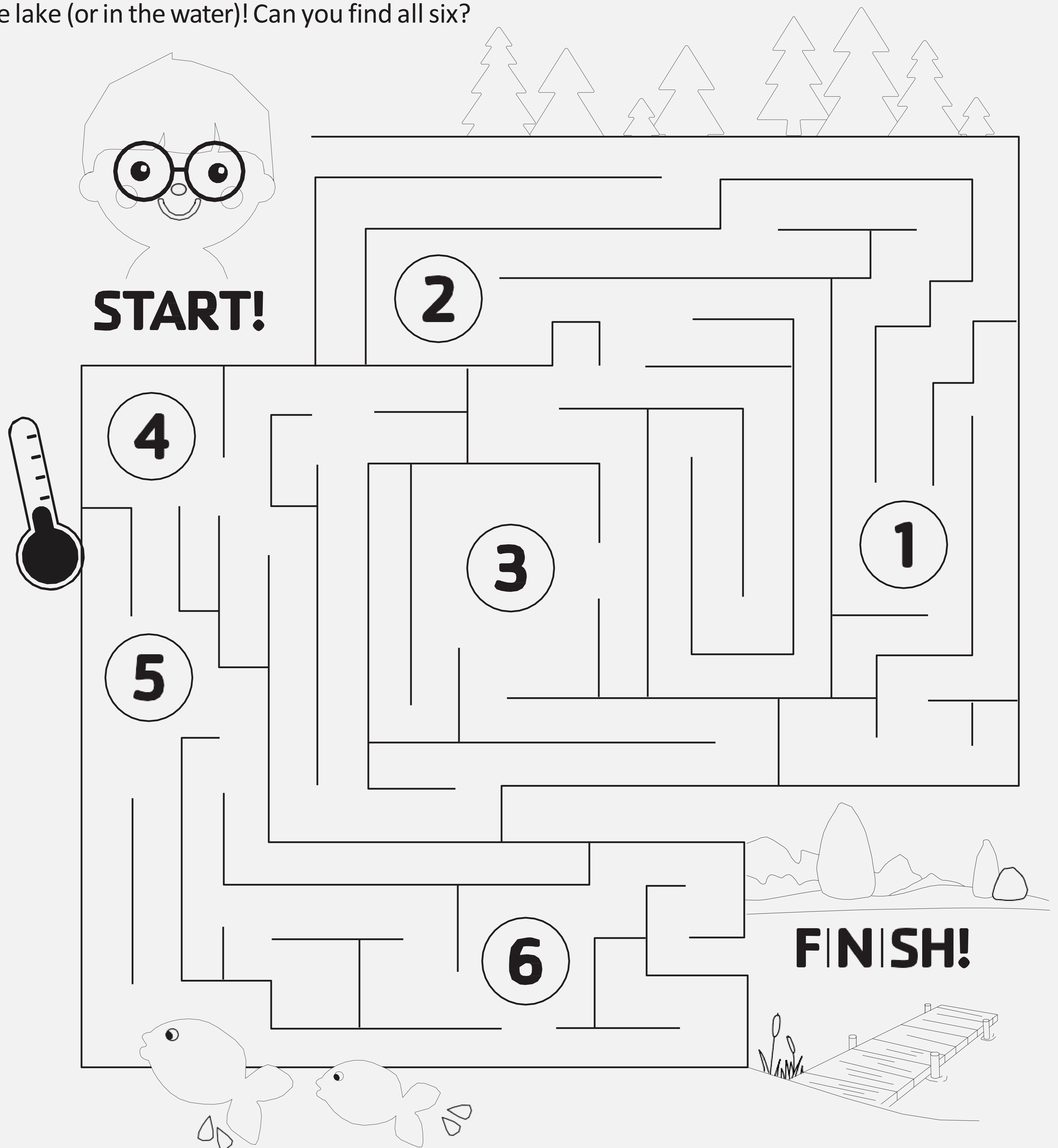
Goggles

Exercise

Swim

## Keep Manuel Safe at the Lake

Like Sam and Imani, Manuel loves to swim too. But he likes open water! Help Manuel swim from the shore to the dock—and along the way, find important tips on how he can stay safe at the lake (or in the water)! Can you find all six?



- |                                      |   |   |
|--------------------------------------|---|---|
| 1. Swim with a friend.               | 3. Do not dive in head first—protect your neck.             | 5. Stay in the designated swim area where a lifeguard is present. |
| 2. Watch out for currents and waves. | 4. Check the temperature—it's harder to swim in cold water. | 6. Watch out for things below the surface, like fish or plants.   |



# SWIM SAFETY RESOURCES & HELPFUL LINKS

[Top 5 Water Safety Tips](#)

[Bridging The Gap: Overcoming Barriers to Water Safety](#)

[Water Safety Infographic](#)

[Safety Around Water at the YMCA: Beyond Swim Lessons](#)



[Albany Area YMCA](#)

[Athens YMCA](#)

[Family YMCA of Greater Augusta](#)

[GA Mountains YMCA \(Gainesville\)](#)

[YMCA of the Georgia Sunbelt](#)

[North GA Community YMCA \(Ft. Oglethorpe\)](#)

[Tift Area YMCA](#)

[Valdosta-Lowndes County Family YMCA](#)

[West Broad Street YMCA \(Savannah\)](#)

[YMCA of Coastal GA](#)

[YMCA of Georgia's Piedmont \(Winder\)](#)

[YMCA of Metro Atlanta](#)

[YMCA of Metropolitan Columbus](#)

[YMCA of Rome & Floyd County](#)

[YMCA of Thomasville](#)

[YMCA of Waycross](#)

