



SAFETY AROUND WATER

9 in 10

U.S. parents see swimming as a key life skill for children, on par with first aid skills or being able to prepare a simple meal.

1,000,000+

Children are taught water safety and swimming skills every year at the YMCA

3 in 10

U.S. parents state that water safety isn't a priority due to affordability concerns.

The Safety Around Water program is designed to affordably teach adults and children important skills in and around water

These skills include:

- Basic swim skills, like floating, blowing bubbles, the freestyle stroke and the backstroke.
- Safety skills, identifying a safe place to swim and water rescue techniques ("Reach or Throw, Don't Go")
- Survival swim skills, like pushing off the bottom of the pool to resurface ("Jump, Push, Turn, Grab") and a method of swimming on your front and back ("Swim, Float, Swim")

Visit us in person or at ymcagreensboro.org to register your swimmer for the Safety Around Water program today!

Registration:

We offer Safety Around Water classes on the same schedule as our traditional swim lessons.

Swim lesson sessions are split up by days. When registering your swimmer, you will register for a class on either Mondays and Wednesdays, Tuesdays and Thursdays, or Saturdays; for Ages 3-12.

Please make sure you are registering for a designated Safety Around Water class when registering your swimmer.

Below you will find session dates through August 2023.

May-August 2023 FREE Safety Around Water and Registration Dates			
	Session Dates	Registration Dates	Session Length
May M/W	5/1-5/17	4/3-4/24	3-Weeks
May T/TH	5/2-5/18	4/3-4/24	3-Weeks
June M/W	6/12-6/28	5/8-6/2	3-Weeks
June T/TH	6/13-6/28	5/8-6/2	3-Weeks
July M/W	7/10-7/26	6/1-6/30	3-Weeks
July T/TH	7/11-7/27	6/1-6/30	3-Weeks
August M/W	8/7-8/23	7/3-7/31	3-Weeks
August T/TH	8/8-8/24	7/3-7/31	3-Weeks
Saturday 1	*6/3-7/15	4/28-5/26	6-Weeks
Saturday 2	7/22-8/26	6/12-7/17	6-Weeks

Class Times

May-August		
	Ages 3-5	Ages 5-12
Monday/ Wednesday	5:00-5:30pm 6:30-7:00pm	5:30-6:00pm 6:30-7:00pm
Tuesday/ Thursday	5:00-5:30pm 6:30-7:00pm	5:00-5:30pm 6:30-7:00pm
Saturday	10:30-11:00am 11:00-11:30am	12:30-1:00pm 1:00-1:30pm

June - August ONLY		
Monday/Wednesday morning classes		
	Ages 3-5	Ages 5-12
Monday/ Wednesday	10:00-10:30am 10:40-11:10am 11:20-11:50am 12:00-12:30pm	10:00-10:30am 10:40-11:10am 11:20-11:50am 12:00-12:30pm

Cost: All 6 classes are FREE to all Safety Around Water participants. Please use coupon code **FREESAW** when registering your swimmer in order to get the discounted rate.

Please contact Justine Intiso, Senior Aquatics Director, with any questions or concerns

(336) 882-9622 | justine.intiso@ymcagreensboro.org

Register at [ymcagreensboro.org/swim-lessons](https://www.ymcagreensboro.org/swim-lessons)