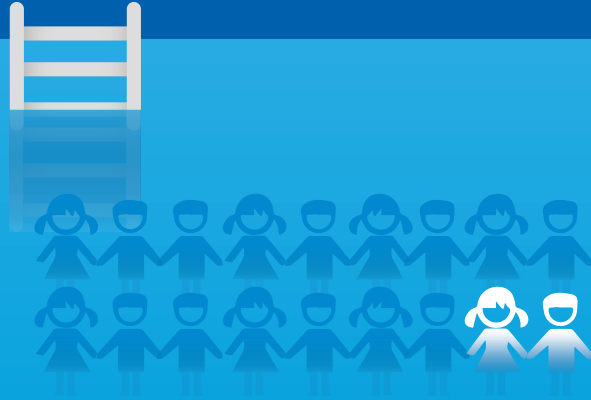




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HOW THE Y HELPS KEEP KIDS SAFE IN AND AROUND WATER

**2** children die  
every day  
because of  
drowning <sup>1</sup>



## Two Programs, Three Goals: Have Fun, Be Confident, Stay Safe

### Safety Around Water

This program teaches children of all ages and from all backgrounds that **water should be fun, not feared, as long as you know how to stay safe in and around water.**

In Safety Around Water, kids learn what to do if they find themselves in the water unexpectedly.

**Children learn fundamental water safety skills that include what to look for in a safe place to swim and how to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.**

### Y Swim Lessons

The Y is “America’s Swim Instructor” and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming.

**Each year, the Y teaches more than a million children how to swim.**

The latest evolution of Y Swim Lessons accommodates students of varying abilities to help foster a sense of achievement as swimmers progress between stages.



### Source

1. USA Swimming Foundation and the University of Memphis