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