



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFETY AROUND WATER LESSONS

Midcoast Youth Center and the Bath Area Family YMCA are excited to partner together to offer a free swim program to teens

What: Free swim lessons that will focus on learning water safety skills including: floating, treading water, basic swimming skills, ice safety, boating safety and so much more!

Location: Bath Area Family YMCA, 303 Centre St, Bath ME

Ages: 10-17 years

When: Mon & Wed 2:30-3:15pm
April 29-May22

Ages: 5-9 years

When: Fridays 5-5:30pm (Family free swim 5:30-6pm)
April 26-June 14

Other:

Upon completion of program if all sessions are attended each youth will receive a complimentary 3 month youth membership to the Y.

Return completed enrollment forms to
sam@bathymca.org or the Welcome Center at the
Bath YMCA

Questions?

Contact Sam@bathymca.org or tim@midcoastyouth.org

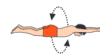


SKILLS DEVELOPED



Submerge

Helps students feel comfortable in the water and builds a foundation for future skills



Swim, float, swim, 10 ft.

Helps students reach the side of the pool if they are not within reach by swimming on front, rolling to the back to breathe when they get tired, grabbing the wall, and climbing out



Jump, push, turn, grab

Helps students safely exit the pool by pushing off the bottom, grabbing the wall, and climbing out

TOPICS INTRODUCED

Safety Topics

- ✓ Benchmark Skills
- ✓ Reach or Throw, Don't Go
- ✓ Call 911
- ✓ CPR
- ✓ Backyard Pools
- ✓ Pool Drains
- ✓ Life Jackets
- ✓ Boating

Other Topics

- ✓ Ask Permission
- ✓ Pool Rules
- ✓ Hypoxic Blackout