



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELCOME TO THE PLYMOUTH YMCA!

WE HOPE YOU ARE AS EXCITED AS WE ARE TO KICK-OFF OUR SAFETY AROUND WATER INITIATIVE!

## HERE ARE A FEW TIPS TO GET YOU STARTED:

- **What to bring:** Students should expect to bring a bathing suit, towel, change of clothes, closed-toe shoes, and a bag lunch. If your child plans on going in the water, they will be submerging so goggles are strongly recommended. USCG approved flotation devices provided as needed. **Students are strongly encouraged to wear their swimsuits to school.**
- **What to expect:** Students have the right to refuse to participate in any activity they choose however we always encourage participation. The day will consist of several fun activities incorporating our safety around water curriculum as well as outdoor teambuilding activities. They will be swimming for two stations (approximately 20-25 minutes in the water each time) and have an opportunity to check out the splash pad.
- **What will they learn?** Students will learn a variety of safety topics including pool rules, pool drains and backyard pools, as well as life jacket safety, recognizing someone in need of CPR, how to call 911, boating and open water safety, as well as our reach, throw, don't go principle. In the water, students will learn the two core swimming techniques: Swim, Float, Swim, and Jump, Turn, Push, Grab.
- **Instruction:** YMCA Swim Instructors have been affectionately called "America's Swim Instructor." With over 100 years of experience and delivering swim instruction to over one million youth annually, we think so too.
- **Safety:** Our lifeguards are certified by Ellis and Associates—the industry standard for Aquatic Safety for over 30 years. Last year, we earned their prestigious Silver International Aquatic Safety Award which put us in the top 30% of facilities across the country.

## IF YOU HAVE ANY QUESTIONS PLEASE CONTACT:

Cristina Wilson at [cwilson@oldcolonyymca.org](mailto:cwilson@oldcolonyymca.org) or 508-927-3100 Ext 102

## OLD COLONY YMCA—PLYMOUTH BRANCH

2 Greenside Way South, Plymouth MA [www.oldcolonyymca.org](http://www.oldcolonyymca.org)



## WATER SAFETY WEEK ~OUR COMMITMENT~

### AT THE PLYMOUTH YMCA AND CAMP CLARK WE ARE COMMITTED...

To carrying out the initiative of teaching every second grader in Plymouth water safety!

With more than 365 bodies of water in Plymouth alone, it is vital that our youth learn how to be safe in and around the water. At the Old Colony YMCA, we believe these are lifelong skills and we are committed to providing a healthy and safe community for all!

