


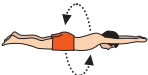



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Safety Around Water WEST COOK YMCA

Welcome to the West Cook YMCA's Safety Around Water program. Our instructors look forward to teaching your child that water can be fun, not scary. Knowing how to be safe around water is one of the most important life skills we can teach our children. It gives them confidence. And it can save their lives.

Below you will find the session your child is registered for Safety Around Water lessons and the skills he or she will be working on during lessons. We look forward to you and your child learning to be safe in and around water.

SKILLS DEVELOPED	TOPICS INTRODUCED
 <p><b>Submerge</b> Helps students feel comfortable in the water and builds a foundation for future skills</p>  <p><b>Swim, float, swim, 10 ft.</b> 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</p>  <p><b>Jump, push, turn, grab</b> Helps students safely exit the pool by pushing off the bottom, grabbing the wall, and climbing out</p>	<p><b>Safety Topics</b></p> <ul style="list-style-type: none"> <li>✓ Benchmark Skills</li> <li>✓ Reach or Throw, Don't Go</li> <li>✓ Call 911</li> <li>✓ CPR</li> <li>✓ Backyard Pools</li> <li>✓ Pool Drains</li> <li>✓ Life Jackets</li> <li>✓ Boating</li> </ul> <p><b>Other Topics</b></p> <ul style="list-style-type: none"> <li>✓ Ask Permission</li> <li>✓ Pool Rules</li> <li>✓ Hypoxic Blackout</li> </ul>

CONFIRMED SESSION	QUESTIONS?
<p>Child Name: _____</p> <p>Orientation Date: _____</p> <p>Session Dates: _____</p> <p>Day(s) of lessons: _____</p> <p>Time of lessons: _____</p>	<p><b>Kyle Albright</b> Associate Director of Aquatics 708-434-0218 kalbright@westcookymca.org</p>