



SAFETY NOW SKILLS FOR LIFE



ILLINOIS DROWNING PREVENTION PROGRAM

Illinois YMCAs are coming together to provide drowning prevention curriculum to 4,500 youth free of charge*

From oceans to lakes to streams to swimming pools, water is everywhere: **71% of the Earth's surface is covered in it!** And while water can be an irresistible place for kids to explore, play and enjoy splashy fun, it can be risky for those who haven't yet developed their water smarts.

A typical drowning prevention lesson includes:

- Exercises to help kids adjust to being in the water
- Instruction in two skill sets kids can use if they unexpectedly find themselves in the water: *Jump, Push, Turn, Grab and Swim, Float, Swim.*
- Safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

Contact the Pav YMCA today to get water smart!

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Did You Know?

- **9 in 10 parents see swimming as an essential life skill**, yet 24% have low confidence in their kids' ability to stay safe around water.
- **Parents and guardians have a critical role to play in teaching their kids water safety skills** – but they don't have to do it alone! With more than 110 years' experience equipping people with the skills they need to stay safe in and around water, the Y is America's most trusted swim instructor. Each year, the Y teaches more than a million kids life-saving swimming and drowning prevention skills.

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