



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The **South Amboy YMCA** is pleased to be hosting our "Safety Around Water" program for the 2nd Grade Students of South Amboy Elementary Public Schools.

Water Safety and Swimming

As "America's swim instructor," the YMCA teaches children of all ages and from all backgrounds that water should be fun, not feared, if you know how to stay safe in and around water.

Over the course of 4 weeks, children learn important skills in and around water, including:

- Basic Swim Skills, like floating and blowing bubbles.
- Safety Skills, identifying a safe place to swim and water rescue techniques.
- Survival Swim Skills like pushing off the bottom of the pool to resurface (Jump, Push, Turn, Grab) and a method of swimming on your front and back. (Swim, Float, Swim).

Other Basic swimming skills such as kicking and arm strokes are introduced. We look forward to introducing your children to water and pool safety. Children should bring a bathing suit and towel. Long hair should be tied up in a pony tail.

The Safety Around Water program will run on Tuesdays and Fridays during the month of May. Tuesdays will take place at the South Amboy YMCA at 9:30am and Fridays will be held at SA Elementary at 1:20pm.

Thank you to our partners at SA Elementary, Superintendent Williams and Principal Dunphy. We look forward to having a great Session!

Sincerely,

Gerry Gessie
Director of Operations
South Amboy YMCA

Melia Parchman
Aquatic Director
South Amboy YMCA

YMCA of METUCHEN, EDISON, WOODBRIDGE and SOUTH AMBOY
South Amboy YMCA
200 John T. O'Leary Blvd.
South Amboy, NJ 08879
www.ymcaofmewsa.org