



The world is 71% water.
Are your children 100% prepared?

SAFETY AROUND WATER



YMCA Safety Around Water is a **FREE** program available in your community that teaches **skills that last a lifetime!**

YMCA Safety Around Water consists of 8 sessions designed to teach kids water safety skills that reduce the risk of drowning and build confidence in and around water. The program introduces a new skill each day which builds to create two sequences that teach a child how to safely move across the water and exit the pool.

Jump, Push, Turn, and Grab: Jump into the pool, push off the bottom, turn around to face the wall, grab the wall, and safely exit the pool.

Swim, Float, Swim: Jump into the pool, swim 5-10 feet, roll to back to catch breath, roll from back to front, swim to the side, safely exit the pool.

SESSIONS:

SEPTEMBER 11 | SEPTEMBER 25 | OCTOBER 9
4:45 pm | 5:30 pm | 6:15 pm | 7 pm

HOW DO I SIGN UP?

Call to reserve - 281-338-9622

Email to reserve - chris.odomski@ymcahouston.org

PERRY FAMILY YMCA

1700 League City Pkwy W., League City, TX 77573

281-338-9622

ymcahouston.org

For more information, contact
chris.odomski@ymcahouston.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



El mundo esta Formado por un 71% de agua...
¿TUS NIÑOS ESTÁN 100% PREPARADOS?

SEGURIDAD CERCA DEL AGUA



Seguridad cerca del agua es un programa **GRATUITO** disponible en su comunidad!

¿EN QUÉ CONSISTE EL PROGRAMA DE SEGURIDAD CERCA DEL AGUA (SAW)?

El programa de Seguridad Cerca del Agua consiste en 8 sesiones donde los niños aprenden destrezas de seguridad en el agua a fin de evitar ahogamientos y aumentar su confianza cerca y dentro del agua.

Saltar, empujar, girar y agarrar: salta a la piscina, empuja desde el fondo, gira para quedar de cara a la pared, agárrate a la pared y sal de forma segura de la piscina.

Nade, flote, nade: salte a la piscina, nade de 5 a 10 pies, ruede hacia atrás para recuperar el aliento, ruede de atrás hacia adelante, nade hacia un lado, salga de la piscina de manera segura.

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