



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Learn to Swim: Safety Around Water (SAW)

\$20 for a week of swim classes.

THE WORLD IS 71% WATER

YOUR CHILDREN ARE 100% CURIOUS

In Safety Around Water, kids learn what to do if they find themselves in the water unexpectedly.

- Children learn fundamental water safety skills that include the concepts of reach, throw, don't go; basic water rescue
- *Jump/Push/Turn/Grab* teaches a child to push off the bottom of the pool as they are submerging to get back up to the surface while turning to grab the side of the pool.
- *Swim/Float/Swim* teaches children to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.
- Basic swimming skills to brush up on before the summer swimming season begins.

### SESSION I: June 12 - June 16

Preschool (Ages 3 - 5)      Youth (Ages 6 - 12)

01 5:30pm - 6pm              03 6pm - 6:30pm

02 6:30pm - 7pm

### SESSION II: June 19 - June 23

Preschool (Ages 3 - 5)      Youth (Ages 6 - 12)

01 6:00pm - 6:30pm      02 5:30pm - 6pm

03 6:30pm - 7pm

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\$20 for members and non members. Advanced registration is required. For more information contact Susan Vosik Pekala, Aquatic Director (570)655-2255 ext.106 or [svpekala@greaterpittstonymca.org](mailto:svpekala@greaterpittstonymca.org).