



SAFETY AROUND WATER



Safety Around Water is a **NO COST** drowning prevention program for children and adults to learn what to do if they find themselves in the water unexpectedly. At the Y, we believe that teaching children and adults to be safe around water reduce the risk of drowning.

PARTICIPANTS WILL LEARN:

- Basic water safety skills
- What to look for in a safe place to swim
- What to do if they find themselves in the water unexpectedly
- How 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.

SESSION DATES

SUMMER: 6/16 – 8/9

FALL 1: 8/18 – 9/27

FALL 2: 10/6 – 11/15

YARROW FAMILY YMCA
MONDAY OR WEDNESDAY
5:30PM – 6:00PM

SIMI VALLEY FAMILY YMCA
MONDAY, TUESDAY, WEDNESDAY OR THURSDAY
4:00PM – 4:30PM

**SCAN
HERE TO
APPLY**



SIMI VALLEY FAMILY YMCA CONTACT ALY ARSENAULT AT SIMIAQUATICS@SEVYMCA.ORG
YARROW FAMILY YMCA CONTACT BRIGITTE BONAFONT AT YARROWAQUATICS@SEVYMCA.ORG