



YMCA OF SOUTH COLLIER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SWIM Central

When: November 9 - 20
Monday - Friday

Cost: FREE

Times: Early Learning
Butterflies 9:00-9:30am
Frogs 9:30-10:00am
Ducks 10:00-10:30am

Afterschool
Grades K-2 4:00-4:30pm
Grades 3-5 4:30-5:00pm

We are excited to announce that we are bringing SWIM Central to the YMCA of South Collier this December! SWIM Central is a **FREE** Water Safety Program introduced to our community by NCH Safe & Healthy Children's Coalition of Collier County. This program has been largely successful throughout both Collier County and Broward County. This is curriculum based program with guidelines specific to water safety. Skills that are taught include:

- Never Swim Alone/Reach, Throw, Don't Go!/Call for Help
- Enter Water by Jumping In
- Forward Progressive Arm Stroke
- Back Float
- Jump In-Turn/ Kick/Stroke to Wall
- Exit Water Independently

What to WEAR and BRING:

Early Learning Students
WEAR swim suit to school
BRING change of clothes and towel.

Afterschool Students
BRING swim suit and towel.

Please understand that these lessons are not a guarantee that your child will learn how to swim. The focus of the Collier County SWIM Central program is on survival skills to make your children safer in and around water. We recommend that each child continue to receive refresher lessons at least once a year to increase swimming proficiency. You may find more information about the Collier County Swim Central Program online at www.safeandhealthychildren.org/swimcentral or by calling (239) 624-4033.

This is a wonderful, life-saving program and we sincerely hope that every child will participate. If you have questions, please contact Morgan Joseph at aquatics@marcoy.org or (239) 394-9622 ext. 108.

Please complete the attached permission slip and return it to your Early Learning Teacher or Afterschool Counselor by NOVEMBER 6TH!