



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Randolph-Asheboro YMCA 2019 Spring Swim Lessons \$35/Members; \$55/Public

Preschool (Ages 3-5)

Session	A	B	C
Dates	Feb.18–March 13	March 18–April 10	April 22–May 15
Days	Mon. & Wed.	Mon. & Wed.	Mon. & Wed.
Times	6:00–6:45 p.m.	6:00–6:45 p.m.	6:00–6:45 p.m.

Progressive (Ages 6-12)

Session	A	B	C
Dates	Feb.18–March 13	March 18–April 10	April 22–May 15
Days	Mon. & Wed.	Mon. & Wed.	Mon. & Wed.
Times	6:45 – 7:30 p.m.	6:45 – 7:30 p.m.	6:45 – 7:30 p.m.

Adult (Ages 13 and up)

Session	A	B
Dates	Feb.18–March 13	March 18–April 10
Days	Mon. & Wed.	Mon. & Wed.
Times	7:30 – 8:15 p.m.	7:30 – 8:15 p.m.

Open Registration Begins Tuesday, February 5, 2019

Registrations will remain open until a class is filled. A waiting list will then be taken at this time. Once a registration is complete, there are no refunds.

DROWNING FACTS

IN THE TIME IT TAKES TO...

Cross a room for a towel (10 seconds), a child in a bathtub can be submerged.

Answer the phone (2 minutes), a child can lose consciousness.

Sign for a package at the front door (4-6 minutes), a child submerged in a tub or pool can sustain permanent brain damage.

HOW MUCH WATER DOES IT TAKE TO DROWN?

Inches of water in a bathtub.

A bucket of water.

Standing water on top of a pool or spa cover.

Any amount of water that covers the mouth & nose.

DO PEOPLE ALWAYS YELL FOR HELP?

Most children do not yell for help.

Non-swimmers or exhausted swimmers are unable to call for help.

Drowning victims may be struggling under the water.

NEAR DROWNING - SURVIVAL AFTER SUBMERSION IN FLUID

For each child that drowns, it is estimated that 4 children are hospitalized for near-drowning

Nationwide, 2700 children ages 14 and under were treated in hospital emergency rooms for unintentional drowning-related incidents

As many as 20% of near drowning survivors suffer severe permanent neurological disability.

Nearly all who require CPR die or are left with severe brain injury.

AREAS OF RISK RELATED TO DROWNING

Home Pools/Spas/Ponds

Inside Homes

Natural Bodies of Water

Boating & Personal Water Crafts

APARTMENT & RESIDENTIAL POOLS

More than half of drownings among children ages 1-4 are pool related.

More than half of these drownings occur in the child's home pool.

Most children were last seen in the home and had been missing from sight for less than 5 minutes.

INFLATABLE POOLS & POOL COVERS

Inflatable & plastic pools should always be emptied after use.

Remove steps from above ground pools.

Drain water off the top of pool covers.

DIVING BOARDS & SLIDES

Not all swimming pools are designed with diving in mind, especially residential pools.

Most spinal cord injuries result from diving into shallow water.