



RANDOLPH-ASHEBORO YMCA 2018 SUMMER SWIM LESSONS

\$35/Member; \$55/Public

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Preschool (3 -5 years)

Morning Classes (2 week sessions)

Session	AA(01)	*BB(01)	CC(01)
Dates	June 11 th -21 st	*June 25 th -July 5 th	July 9 th - July 19 th
Days	Mon. - Thurs.	Mon. - Thurs.	Mon. - Thurs.
Time	9:00-9:45am	9:00-9:45am	9:00-9:45am

Session	AA(02)	*BB(02)	CC(02)
Dates	June 11 th -21 st	*June 25 th -July 5 th	July 9 th - July 19 th
Days	Mon. - Thurs.	Mon. - Thurs.	Mon. - Thurs.
Time	10:30-11:15am	10:30-11:15am	10:30-11:15am

Evening Classes (3 week sessions)

Session	DD(01)	EE(01)
Dates	June 11 th - June 27 th	July 9 th -July 25 th
Days	Mon. & Wed.	Mon. & Wed.
Time	6:00-7:00pm	6:00-7:00pm

Progressive (6-12 years)

Morning Classes (2 week sessions)

Session	AA(03)	*BB(03)	CC(03)
Dates	June 11 th -21 st	*June 25 th -July 5 th	July 9 th - July 19 th
Days	Mon. - Thurs.	Mon. - Thurs.	Mon. - Thurs.
Time	9:45-10:30am	9:45-10:30am	9:45-10:30am

Evening Classes (3 week sessions)

Session	DD(02)	EE(02)
Dates	June 11 th - June 27 th	July 9 th -July 25 th
Days	Mon. & Wed.	Mon. & Wed.
Time	7:00-8:00pm	7:00-8:00pm

***Note: All session BB classes will have class on Friday, June 29th instead of Wednesday, July 4th, for the holiday.**

Open Registration Begins Monday, April 30, 2018

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.