



# Randolph-Asheboro YMCA

## 2019 Summer Swim Lessons

### \$35/Members; \$55/Public

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Preschool (3 -5 years)

#### Morning Classes

| Session | A              | B                | C               |
|---------|----------------|------------------|-----------------|
| Dates   | June 10 -14    | June 17 -June 21 | June 24-June 28 |
| Days    | Mon. - Fri.    | Mon. - Fri.      | Mon. - Fri.     |
| Time    | 9:00-10:00am   | 9:00-10:00am     | 9:00-10:00am    |
|         | D              | E                |                 |
| Dates   | July 8-July 12 | July 15-19       |                 |
| Days    | Mon. - Fri.    | Mon. - Fri.      |                 |
| Time    | 9:00-10:00am   | 9:00-10:00am     |                 |

#### Evening Classes

| Session | AA            | BB              |
|---------|---------------|-----------------|
| Dates   | May 20-June 5 | June 10-June 26 |
| Days    | Mon. & Wed.   | Mon. & Wed.     |
| Time    | 6:00-7:00pm   | 6:00-7:00pm     |

### Progressive (6-12 years)

#### Morning Classes

| Session | A              | B                | C               |
|---------|----------------|------------------|-----------------|
| Dates   | June 10 -14    | June 17 -June 21 | June 24-June 28 |
| Days    | Mon. - Fri.    | Mon. - Fri.      | Mon. - Fri.     |
| Time    | 10:00-11:00am  | 10:00-11:00am    | 10:00-11:00am   |
|         | D              | E                |                 |
| Dates   | July 8-July 12 | July 15-19       |                 |
| Days    | Mon. - Fri.    | Mon. - Fri.      |                 |
| Time    | 10:00-11:00am  | 10:00-11:00am    |                 |

#### Evening Classes

| Session | AA            | BB              |
|---------|---------------|-----------------|
| Dates   | May 20-June 5 | June 10-June 26 |
| Days    | Mon. & Wed.   | Mon. & Wed.     |
| Time    | 7:00-8:00pm   | 7:00-8:00pm     |

Registration will remain open until a class is filled. A waiting list will then be taken. 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.