



BE A WATER-READY FAMILY

Learn More and Register
for Safety Around Water



FREE

YMCA SAFETY AROUND WATER

Safety around water teaches kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water. A typical session includes: exercises to help kids adjust to being in the water; instruction in two skill sets kids can use if they unexpectedly find themselves in the water (jump, push, turn, grab and swim, float, swim); safety topics like what to do if you see someone in the water who needs help; fun activities that reinforce skills.

**THE WORLD IS 71% WATER
IS YOUR FAMILY 100% PREPARED?**

May 26, 27, 28 • FREE OFFERING

Ages 4-14 • 4:30 & 5:10 pm

Register in person or call 701-775-2586.

Altru Family YMCA • 215 N 7th St • Grand Forks, ND 58203 • www.gfymca.org

Contact Freddie Brown: fbrown@gfymca.org

THE Y - AMERICA'S MOST TRUSTED SWIM INSTRUCTOR