

# AQUATIC NEWSLETTER

## May ~ June 2009

### GUARD START

The **American Red Cross Guard Start** program is a unique program for youth designed for ages 11 – 15 years old, who have an interest in becoming lifeguards. Participants will learn about the duties and responsibilities of a lifeguard and in water skills. Participants will also receive workbook and receive a certification in basic water rescue.

Guard start will cover 5 main areas: Prevention, Fitness, Response, Leadership and Professionalism. Class will take place in the Teen Room & Pool. *Prerequisites: Ability to swim the front crawl continuously while breathing to the front or side, ability to tread water with arms and legs, ability to submerge and to swim 10 feet underwater.*



Class Dates: June 22 - 25, 2009 (Monday – Thursday) 9:00 A.M. – 12:00 P.M.

**Registration Ends: June 15**

Cost: \$65 Members, \$85 Non-Members

Reg. Code: Jun09 07AQGUARDSTA

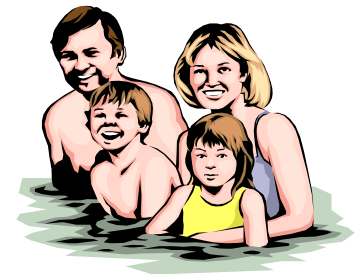
**Guard Start is not a lifeguarding certification.** A minimum of 5 participants must register or course is subject to cancellation.

### FAMILY SPLASH DAY

Saturday, June 6, 2009, 2:00 PM (AGES 3 – 5), 4:00 PM (AGES 6 – 12)

**YMCA Splash day** is a program for parents and/or guardians and their children to learn about being safe around the water. It will include topics such as pool safety, beach safety and lake safety. This program will take place in the Community Room and then in the pool area.

Splash day is for children with little or no swimming experience. Bring your swimsuit and a towel. After the splash program, you can go swim with your kids! Please register at the Ragsdale YMCA front desk, as space is limited.



We build strong kids, strong families, strong communities.

Cost \$5.00 Members, \$10.00 Non-Members per Family

**Registration Ends: June 4.**

Reg. Code: Jun 09 07AQSplash3 (preschool) 07AQSplash6 (gradeschool)



### Synchronized Swimming Camp!!!

July 13 – July 17 (Monday – Thursday) 9:00 A.M. – 12:00 P.M.

Cost \$55 Members \$75 Non-Members

**Registration Ends: July 10** Reg. Code: Jul 09 07SYNCHCAMP

Synchronized Swimming is a combination of gymnastics and dance in the water! A former collegiate synchronized swimmer will teach synchro camp. Swimmers will learn basic beginner synchro skills individually and as a part



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**American Red Cross Lifeguard Training & CPR/AED for Lifeguards Recertification**  
**Have you already been a lifeguard and just need to recertify to work this summer?**

LG Challenge 11:00 AM – 2:00 PM May 16, \$40 Members \$60 Non-Members

**Registration Ends: May 13**

Reg. Code: May 0907AQLGCLASSC

CPR/AED for Lifeguards Challenge 3:00 PM – 6:00 PM May 16, \$40 Members \$60 Non-Members

**Registration Ends: May 13**

Reg. Code: May 09 07AQCPCROCHAL

**Proof of previous Lifeguard Certification within the past four years is required.** A very brief review will be given, participants should review before class. You will take a written test and demonstrate skills. Please bring your lifeguard book and pocket mask.

### POOL PARTIES & COOKOUTS!

Did you know you could have a pool party at the YMCA and use

**Special Rate May & June Picnic Shelter & Pool**

\$150 Members \$175 Non-Members

### SWIM LESSONS

*We also now have a teen class!!  
 Classes are offered for ages 6 months – Adults*

**Summer Session 1 Swim Lessons**

Registration Starts: May 18

**Registration Ends: May 28**

Session dates: June 1 – June 11

**Saturday Session 1 Swim Lessons**

Registration Starts: June 20

**Registration Ends: July 23**

Session Dates: June 29 – July 9



\*Late registrations will have a \$5.00 late fee and must have prior approval from the Aquatics Director before registering past registration end date. Late registration is not guaranteed. Reg. code: 07AQSI

### BEACH SAFETY TIPS

- Ⓢ Never Swim Alone. Always closely watch and supervise your children.
- Ⓢ Swim close to shore so you're out of the way of boating traffic.
- Ⓢ If a large wave breaks near you, don't jump over it, duck under it to avoid being pushed down.
- Ⓢ Never roughhouse.
- Ⓢ Look out for jellyfish, if you see them on the shore chances are they're in the water too.
- Ⓢ Remember sunscreen, sunglasses, and a hat.
- Ⓢ Watch for the weather conditions and look for warning flags about the weather conditions.
- Ⓢ Watch for rip currents, signs include debris, moving out to sea, cloudy or murky water that has a mushroom shape. If you get caught in a current don't fight it. As the current takes you farther out it will weaken, at that point swim parallel to shore for a short distance and then swim back.
- Ⓢ Respect the Aquatic Environment and don't litter.
- Ⓢ If you observe any danger, report it to the lifeguard.
- Ⓢ Don't throw sand; it can cause eye injuries.
- Ⓢ Have fun!

(YMCA Parent Handouts)

If you have questions about any of our Aquatic Programs, please contact: Katherine Page, Aquatics Director at (336) 882-9622 ext. 235 or [katherine.page@ymcagreensboro.org](mailto:katherine.page@ymcagreensboro.org).

Registration for all programs is taken at the Ragsdale YMCA front desk. Visit us On-line at: [www.ragsdaleymca.org](http://www.ragsdaleymca.org)

