



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING HEADS UP AND ABOVE WATER



Go For Green

Camp Swim Initiative

Drowning is the second leading cause of unintentional death in children ages 1 to 14. It takes just one inch of water and only 10 seconds to claim another life.

For kids spending their summers in YMCA day camps across the First Coast, weekly trips to the pool are full of fun and excitement. They also serve as perfect opportunities to provide swim instruction to thousands of children who have never learned to swim, perhaps due to their parents' inability to do so, lack of access to programs or financial constraints.

As a national leader in water safety and aquatics instruction, we developed the "Go for Green!" Camp Swim Initiative, which focuses on improving the swimming abilities of all children participating in our summer day camp programs. Children are swim-tested upon their first visit to the pool, and those identified as non-swimmers or poor swimmers receive free lessons throughout the summer from trained instructors who work one-on-one with them until they can swim safely on their own.

"Go for Green!" not only teaches kids a fun and potentially life-saving skill, but also builds their confidence both in and out of the water.



Eight-year-old Charles loved being in the water, but just couldn't swim.

Charles's father worried about his son's safety in and around the water, knowing how much he loved getting wet.

"I'd heard the startling statistics on drowning for kids his age, and it concerned me to know that he had no fear of the water," he says. "He would tell me he was a great swimmer, but I knew better."

When his father signed him up for our summer day camp at the Y, he was relieved to know that he would get the swimming instruction he needed to keep him safe while in the pool.

Instead of confining the non-swimmers and poor swimmers to the shallow-end in life vests, our staff worked one-on-one with Charles during camp swim time until he could swim confidently on his own.

"Today, he's swimming from one end of the pool to the other, and it's pretty awesome to see!" his father says. "He's gained a real sense of accomplishment. He's so proud of himself, and so am I."

Charles is just one of many examples of kids who are empowered by the "Go For Green!" Camp Swim Initiative. He says earning a green necklace made him feel like he could do anything. It may also prove to save his life.

With your support, we make sure First Coast children, just like Charles, stay safe in and around bodies of water, and grow up to be active, healthy, confident adults who will set the bar for their children and generations to come.

Give to the Y. Change your community.



GET THE FULL STORY
FirstCoastYMCA.org

