Swim to the Top
FITNESS & ENRICHMENT PROGRAM | A.L. Freeman Pool | June 2 – 26, 2014

WHO
The Benjamin Barnes Branch of the YMCA, the Tuscaloosa County Park and Recreation Authority, and The University of Alabama Division of Community Affairs will team together to provide a fitness and enrichment program called Swim to the Top for children ages 4-14 participating in the YMCA summer program. For additional information, please contact Ms. LaKeda Smith, Executive Director of the Benjamin Barnes Branch YMCA at 205-759-4284 or email lsmith@ymcatusc.org.

WHAT
The goal of the Swim to the Top program is to provide effective swim instruction to make children proficient survival swimmers. Swim instructors from The University of Alabama will work with 4-5 Barnes Branch summer attendees daily to provide quality swim instruction. In addition, the program will include daily fitness and academic enrichment activities. By rotating to three separate locations inside of the facility, the students will be provided approximately 45 minutes of swimming instruction, physical fitness and diet information, and academic enrichment.

Swim to the Top’s fitness training will provide your child with the knowledge and skills to assist them in living an active and healthy life. Each day, your child will enjoy a variety of games and activities that address the following areas of health and fitness:

<table>
<thead>
<tr>
<th>Skill-related Components of Fitness</th>
<th>Health-related Components of Fitness</th>
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<tr>
<td>Agility</td>
<td>Cardiorespiratory Endurance</td>
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<tr>
<td>Balance</td>
<td>Muscular Strength &amp; Endurance</td>
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<tr>
<td>Coordination</td>
<td>Flexibility</td>
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Students participating in the program will be provided a light breakfast and lunch each day. The breakfast will be provided at the A.L. Freeman Pool and the students will be transported to lunch at the conclusion of the program at 11:30 a.m. Students will bring their own swim suits. A set of shorts and a top will be provided to each participant for use during the academic enrichment programs and fitness activities. Participants pay no fees for Swim to the Top.

WHEN
The Swim to the Top program will be held at the A.L. Freeman Pool on June 2 – June 26 from 8:30 a.m. – 11:30 a.m. In addition, an information session for all interested families will be held at the Benjamin Barnes Branch YMCA on Thursday, May 29th from 4:30 p.m. to 5:30 p.m. Students interested in participating in the program should register at the Benjamin Barnes Branch YMCA. DEADLINE TO REGISTER FOR THE PROGRAM IS JUNE 4TH.

WHY
• Approximately 10 people drown every day in the U.S. (Source: Centers for Disease Control and Prevention (CDC)).
• More than one in five fatal drowning victims are children younger than 14 years of age (Source: CDC).
• Drowning is also a silent killer—most young children who drown in pools were last seen in the home, had been out of sight less than five minutes, and were in the care of one or both parents at the time (Source: Present P. Child Drowning study).
• Participation in formal swimming lessons can reduce the risk of drowning by 88 percent among children aged one to four years (Source: Pediatrics & Adolescent Medicine, 2009).
• Seventy percent of African-American children and sixty percent of Hispanic/Latino children cannot swim (Source: National research study by the USA Swimming Foundation and the University of Memphis).
• African-American children drown at a rate nearly three times higher than their Caucasian peers (Source: CDC).
• If a parent does not know how to swim, there is only a 13 percent chance that a child in that household will learn how to swim (Source: National research study by the USA Swimming Foundation and the University of Memphis).

Together, we can offer our youth a safer and healthier future.