

cole center family ymca newsletter May 2017

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Hours of Operation

Monday-Thursday 4:30am-10pm Friday 4:30am-8:30pm Saturday 6am-6pm Sunday 1pm-5pm

Our Mission: To put Christian principles into practice, through programs that build healthy spirit, mind and body for all.

Youth Development Camp Wethonkitha

SUMMER OF FUN!

The Campers are going to have the best time at summer camp this year!

Check out our website for the theme of the week and more information on camp details! www.coleymca.net



Healthy Living Safety Around Water



71% of the World is Water Children Are 100% Curious

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's Safety Around Water program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.

What Is Safety Around Water?

Through learning how to perform a sequenced set of skills over eight lessons of 40 minutes each, the risk of drowning is reduced, giving your child confidence in and around water.

A typical session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics, like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

Social Responsibility Annual Celebration



Click here to register online.

Upcoming Events

- First Day of Summer Camp-May 30th
- Annual Celebration-June 16th
- Safety Around Water-June 12th to June 16th

Thank you for subscribing to our newsletter! If you have any questions please feel free to contact us or visit our website www.coleymca.net.

Sincerely,

Cole Center Family YMCA

*www.active.com