



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Greater Austin YMCA

# Project SAFE

Safety, Aquatics and Fitness Education

# Program Overview

The Greater Austin YMCA is—in partnership with Colin's Hope—working toward the goal of providing all pre-K & first graders in the Austin area with education in aquatics, safety and fitness activity training.

- Working directly with school district
- Provided at no charge
- Offered at eight neighborhood YMCA branches



# Program Format

- Eight-day session, over two week period
  - Monday through Thursday
- Each day includes 30 minutes worth of swim lessons, 30 minutes water safety education and physical activities
- Upon completion, students receive:
  - Certificate of achievement
  - Aquatics skills progress report for parents
  - 1-month guest pass to the Y
  - Drawstring backpack



# Program Logistics

- YMCA provides:
  - Pool space and staffing
  - Program curriculum and financing
- Schools provides:
  - Students
  - Bus to and from YMCA
- FAQs:
  - School holidays overlap with a lesson day
    - We will have a make up class on Friday
  - Parent does not want to participate
    - Schools will need to have a plan in place for students to stay at school while the class is having their lessons
  - Students does not own a swim suit
    - The YMCA has donors who can help provide that students with a new swim suit for them to have
  - Inclement Weather
    - If they need to close the YMCA will communicate with the school and if possible offer a make up lesson on Friday.

# A Typical Day

9:45-50	Buses drop-off students at the YMCA
10:00	Students engage in two, 30-minute instructional periods:
	Half of group goes to pool for swim lessons
	Half of group participates in organized fitness activities
10:45	Groups switch and second round begins
11:25	AISD buses pick-up students to return to school

Branch	Neighborhood School
<b>Townlake YMCA</b>	Austin Achieve, Govalle, Sunset Valley, Uphaus and Mathews
<b>Southwest YMCA</b>	Houston, Pleasant Hill, Widen, Casey, and Oak Hill
<b>East Comm YMCA</b>	Blanton, and Winn
<b>North Austin YMCA</b>	Cook, Andrews, Wooten, Walnut Creek, and Norman
<b>Springs YMCA</b>	Blue Hole
<b>Hays Comm YMCA</b>	Hemphill, Blanco Vista, Ramage, Pfluger, Tobias, and Fuentes
<b>Camp Moody YMCA</b>	Uhland, Green, Buda, Science Hall, Kyle, and Camino Real



# Outcomes:

- Students' abilities measured on Day 1 and then Day 8:
  - Ability to float on their back and front
  - Ability to jump, turn and grab side of pool
  - Ability to go underwater and blow bubbles
  - Ability to name 3 safety rules

Skill	Improved	Maintained	Regressed
Float on front and back	63%	37%	0%
Jump, turn, grab	68%	32%	0%
Under, blow bubbles	38%	62%	0%
Name 3 safety rules	76%	24%	0%

***Sample size = 342***

# What Teachers Are Saying

"...as a principal and a parent whose child was able to participate: keep up the great work! Thank you for making it easy on us due to your organization and attention to detail."

"It's an amazing program!"

"The parents were grateful to have this experience for their children, an experience many cannot afford. Some of our parents are non-swimmers so they also felt that without this program their children may not have been able to go swimming this summer."

"It was one of their best memories of 1st grade. Those who were terrified before hand left LOVING the water."

"The lessons were differentiated to meet each child's needs."

# What Teachers Are Saying

"What may have been lost in academics was made up for in the development of self-responsibility. Many of the students had never been responsible for keeping up with their belongings and tying their own shoelaces. This program allowed them that chance to be independent. Thank you for that!"

"Outstanding."

"The swim instructors were amazing with the kids! Even the most apprehensive swimmers felt safe and confident in the pool at the end of our session."

"I could see their self confidence in the water grow every single day."

"I surveyed the parents and NOT one was concerned about the loss of academic time. All felt the program was well worth the time."

# What Teachers Are Saying

## Overall Satisfaction

- Excellent – 63%
- Good – 37%

## Swim lesson Satisfaction

- Excellent – 81%
- Good – 12%

## Worth Lost Classroom Time?

- Yes – 100%

## Would You Participate Again?

- Yes – 100%

# Skills Developed by Students

As reported by classroom teachers...

Skills Developed	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Basic swimming skills	0%	0%	0%	18%	82%
Better understanding of water safety rules	0%	0%	0%	24%	76%
Stronger interest in swimming	0%	0%	0%	25%	75%
More interest in physical activity	0%	0%	25%	31%	44%
Greater self-confidence around water	0%	0%	0%	25%	75%

***Sample size = 16***



# Collaboration



- YMCA
  - Use of facilities
  - Aquatics and fitness instructors
  - Investment of \$127/student from YMCA Endowment Fund
- Colin's Hope
  - Injury Prevention education materials for students and parents
  - Take-home materials to reinforce safety strategies
- Schools
  - Students
  - Transportation to/from Y



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Greater Austin YMCA

# Project SAFE

Safety, Aquatics and Fitness Education