

# Board Visit to YMCA CYD Site



# Aquatics Programs

YMCA of Orange County



# Programs @ The Branches

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# Swim Lessons



**Classes range from Group lessons, to Parent-child to one-on-one lessons.**



**Swim Starters** helps children develop swim readiness skills through fun experiences that build confidence. In addition, parents learn how to supervise children in the water, prevent accidents and plan for emergencies.



**Swim Basics** enables students of all ages to gain basic water safety and swimming skills. Swimmers become comfortable and confident in the water through practicing safe water habits, engaging in underwater exploration and learning how to swim to safety if they fall into a body of water.



**Swim Strokes** introduces and refines stroke technique in older swimmers.



**Swim Team:** Ranging from beginner Swim Clubs to competitive Swim Teams.

# Swim Teams

Swim teams provide numerous benefits to youth, both in terms of physical and social development, while fostering a fun and competitive team environment.



## *Team Levels (Ages 5 – 17)*



*35 Athletes*



## 2022 – 2023 Meet Results:

Final Standing	Meet
2nd	2022 Burbank YMCA Invitational
1st	2023 So Cal YMCA Regional Championships
2nd	2023 So Cal YMCA League Championships



# Staff Certifications

## Certification Process



**~8 hours online  
coursework**



**Up to 25.5 hours  
classroom/pool work**

**Staff seeking a higher-level of certification  
can become Lifeguard Instructors.**



**Active LGLs: 5**

# Staff Development

- Monthly RST
- Monthly In-Service Trainings
- Monthly "Red Cap" drills are completed across branches to simulate real-life situations including:
  - Heart Attack/CPR
  - Passive Submerged Victim -> Extraction
  - Active Victim -> Suspected Spinal
  - Heat Exhaustion
  - Choking
  - First Aid



# Safety Around Water Program



# Safety Around Water



**In 2023 we have had over 100+ children participate in this program**



**Safety Around Water is a grant funded program that teaches children the important basic skills needed to stay as safe as possible around the water.**



**Learning to be safe around water is a life skill. Today, fewer than half of all Americans say they know how to swim. The Safety Around Water program is designed to help change this reality.**

# Safety Around Water

Program includes:



Exercises to help children adjust to being in the water.



Jump, Push, Turn, Grab and Swim and Float Swim. These skill sets is are taught to help kids if they unexpectedly find themselves in the water.



Safety topics are discussed. An example would be to help children understand what to do if you see someone in the water who needs help.



Fun activities designed to reinforce learned skills.



# Dana Point Harbor Partnership

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# Dana Point Harbor Partnership

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Currently, the Dana Point Harbor is undergoing a revitalization. In the planning and permitting for this \$400 million dollar project, the Coastal Commission required the project to provide the community with opportunities for water activities and programming. As part of this requirement, a designated number of underserved children and families must enroll in their programs.

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The YMCA was approached by the Dana Point Harbor to offer one of these programs. It is a first-of-its-kind environmental justice program that aims to expose nearly 1,000 youths from inland communities each year with ocean education programs, sailing, swimming lessons and other water activities.

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Year-to-date we have had 164 youth enrolled in Swim Lessons through DPH funds.



# City Aquatic Contracts

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# City of Yorba Linda



Heritage Oak Private School



Yorba Linda High School



Adventure Playground



Spring Lifeguarding



Summer Lifeguarding



Spring & Summer Lifeguarding



228 Group Swim Participants in 2023



186 Group Swim Participants in 2023 (ongoing)

# City of Pomona



Ganesha Park Pool



Summer Lifeguarding



37 Group Swim  
Participants in 2023  
(ongoing)



Washington Park Pool



Summer Lifeguarding



16 Group Swim  
Participants in 2023  
(ongoing)



**THANK YOU!**