



## **MAKE A SPLASH PROGRAM**

**Provides Swimming and Water Safety Instruction for third graders in our valley regardless of financial ability. Currently serving more than 1,200 children in 13 schools each year.**

### **TREASURE VALLEY'S NEED FOR MAKE A SPLASH:**

- The second leading cause of death in the United States for children between the ages of 2 and 14 is drowning (CDC).
- Idaho ranks 3<sup>rd</sup> in the country for drowning rates, although it is a land-locked state (CDC).

### **MAKE A SPLASH CAN CHANGE THESE STATISTICS:**

- Make a Splash (MAS) is a national child-focused water safety initiative created by the USA Swimming Foundation with the goal of teaching every child in America how to swim.
- Aligning the "learn to swim" efforts of providers across the country, MAS saves lives.
- Partnering with local schools is a proactive approach to teaching basic swimming and safety skills along with hands-on fun that reaches children of all ethnicities and economic situations.
- At the Treasure Valley Family YMCA, MAS lessons are taught by experienced and certified instructors, with no more than a 6 to 1 student-to-instructor ratio, assuring that the participants will learn important skills while receiving the time and support necessary to be successful.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Make a Splash Program Goals

- **Safety Goals**—Each student will know what a PFD (personal flotation device) is and how to properly use it, how to rescue a person using a throwing and reaching assist, how to swim out of a current, where and when it is appropriate to swim, how to contact emergency services, how to safely dive, and how to prevent water borne illnesses through personal hygiene.
- **Values and Mission goals**—All children will be introduced to the YMCA values of Caring, Honesty, Respect, and Responsibility through interactive games and activities.
- **Individual Skills Development**—All curricula are based upon the YMCA and the American Red Cross swimming lessons.
- **Assessment of Program**—Using pre and post program tests assessing the baseline and student progress in all of the above as well as the following:
  - Overall Swimming Skills: 80% of participating children will progress from one level to the next
  - Breath Control: Goal is greater than 7 seconds (rotary/rhythmic/alternate)
  - Treading Water: Goal is greater than 1 minute or a 10 second improvement
  - Float/Kick: Goal is float on back and front for 7 feet each
  - Returning to wall/shore: Goal is to jump from side of pool and return unassisted
  - Values: 80% of participants will be able to identify and demonstrate 1 of the YMCA Character Values

We know you see and understand the importance of educating our youth through this fun and interactive program. Together we will build a stronger and safer community for all!

## DEVELOPING STRONG YOUTH

At the Treasure Valley Y, children and teens learn values and positive behaviors as they're encouraged to explore their unique interests and gifts. This makes for confident kids today and contributing adults tomorrow.

The Y is the starting point where many youth in the Treasure Valley become physically active and develop healthy exercise habits they'll carry with them throughout their lives. And the benefits go far beyond physical health. Whether it's gaining the confidence that comes from learning to swim or building respectful relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child—from the inside out.

The Y is a family place with something to do for everyone. Everyone is welcomed and nobody is ever turned away for their inability to pay.