# Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to partner with programs for youth and teens to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. The Siskiyou Family YMCA is proud to partner with Siskiyou County STAGE, the City of Montague, and the City of Yreka to provide a positive and healthy swim program for kids this summer!

YMCA staff and Montague City pool lifeguards are nationally certified. Their training includes CPR, AED, First Aid. Swimming provides important life skills that encourages a child's need for building friendships and a healthy lifestyle. Swimming is a great skill that will benefit school aged children for a lifetime.



### To learn more about this program contact:

#### Siskiyou Family YMCA

350 N. Foothill Dr. Yreka, Ca, 97097 530-842-9622

siskiyou-ymca.org

#### **Summer Swim Program Partners:**



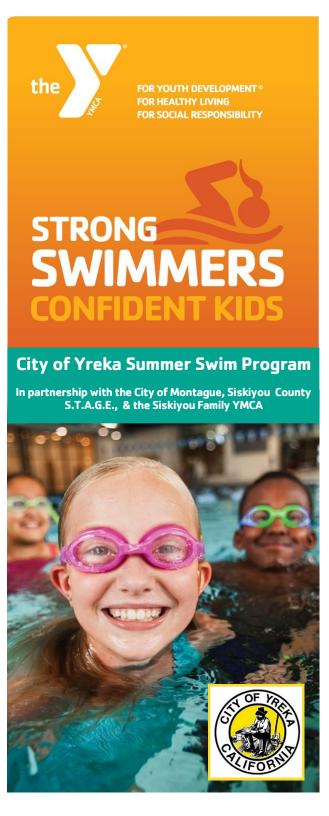












# WE'RE HERE FOR YOUTH DEVELOPMENT

Check out our program offering below to find swim days that fit your family's busy schedule.

### Summer Swim Program at the Montague City Pool

Accompanied by a chaperone provided by the Siskiyou Family YMCA, Yreka resident children ages 8-14 will ride the STAGE bus to the Montague City Pool. During swim hours children will have the opportunity swim, exercise, and make new friends at the Montague City Pool.

#### **Program Description:**

#### **Program Dates/Days/Times:**

- June 13th—August 3rd
- YMCA Activities: 12:45pm—1:30pm
- Swim Time: 2:00pm—4:00pm
- Tuesdays and Thursdays

#### **Program Participant Age:**

Children ages 8-14 years old

#### **Drop off & Pickup Location:**

 Siskiyou Family YMCA 350 N. Foothill Dr. Yreka, CA, 96097



#### **Cost of Program:**

FREE (Space is limited!)

#### **Step by Step Instructions:**

## How do I sign up for the Swim Program?

- To sign up parents must register their child/ children through the Siskiyou Family YMCA.. Child must be a resident of Yreka.
- After check in each swim day, participants will receive a wristband. This wristband will give the child access to the pool.
- During the days of swim, children must be on time, bring a water bottle, bring sunscreen and be ready to ride the bus at the Siskiyou Family YMCA which leaves promptly at 1:30pm.
- IMPORTANT: Each Friday parents must call the YMCA (842-9622) to confirm their child's place at the day camp for the following week.
- IMPORTANT: No day of drop ins allowed.
  Swimmers will not be allowed to board the
  S.T.A.G.E. bus unless given prior confirmation from a parent the Friday before.
- Sign in and Sign out sheet will be with YMCA staff each day. Photo ID required for child release.
- \* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



# Daily Activities & Schedule:



#### Arrive at the Siskiyou Family YMCA:

 YMCA will provide a fun & interactive activities from 12:30–1:30PM

#### **Board the S.T.A.G.E. Bus:**

• Bus departs the YMCA at 1:30PM

#### **Bus Arrives at the Montague Pool:**

Bus arrives around 1:45 PM

#### **Open Swim at the Montague City Pool:**

Swimming from 2:00–4:00PM

### S.T.A.G.E. Bus arrives at the Montague City Pool:

• Bus departs the pool at 4:15PM

### YMCA Staff & children will ride the bus back to the Siskiyou Family YMCA:

Bus arrives at the YMCA at 4:30pm

