The goal of the Swim to the Top program is to provide effective swim instruction to make children proficient survival swimmers. Swim instructors from The University of Alabama will work with Barnes Branch summer attendees to provide quality swim instruction. In addition, the program will include daily physical education, nutrition, and academic enrichment activities. By rotating to three separate locations each day, the students will be provided three 45-minute blocks of swimming instruction, physical education and nutrition information, and academic enrichment.

WHO
Children ages 4–14 are eligible to participate in the Swim to the Top program at the Benjamin Barnes Branch of the YMCA. Tuscaloosa County Park and Recreation Authority will provide lifeguards and access to the A.L. Freeman Pool. All sessions are led by local educators, students, and faculty from The University of Alabama.

WHEN
The Swim to the Top program will be held at the A.L. Freeman Pool on June 4–28 from 8:30 a.m.–12:00 p.m. In addition, information sessions for all interested families will be held at the Benjamin Barnes Branch YMCA on May 18, May 21, and May 24. Each session will be open from 4:30–6:00 p.m. Students interested in participating in the program should register at the Benjamin Barnes Branch YMCA.

Deadline to register is Wednesday, May 30.
Participants pay no fees for Swim to the Top.

WHAT TO EXPECT
Each day (Monday–Thursday), a nutritious breakfast will be made available to the children. Afterwards, they will be split into three age-appropriate groups and rotate between sessions of swim instruction, physical education, and life skills lasting 45 minutes each. Students are expected to bring their own swimsuits.

Swim to the Top’s fitness training will provide your child with the knowledge and skills to assist them in living an active and healthy life. Each day, your child will enjoy a variety of games and activities that address the following areas of health and physical education:

**Skill-related Components**
- Agility
- Balance
- Coordination

**Health-related Components**
- Cardiorespiratory Endurance
- Muscular Strength & Endurance
- Flexibility
The Benjamin Barnes Branch of the YMCA, the Tuscaloosa County Park and Recreation Authority, and The University of Alabama Division of Community Affairs are proud to come together to provide this physical education and enrichment program, Swim to the Top.

REGISTER
To register or for additional information please contact:
• Ms. LaKeda Smith, Executive Director of the Barnes Branch YMCA, at 205-759-4284 or email lsmith@ymcatusc.org
• Dr. Holly Morgan, Director of Community Education at The University of Alabama’s Center for Community-Based Partnerships, at 205-348-9854 or hgmorgan@ua.edu

Registration deadline is Wednesday, May 30.

Research data shows that participation in formal swimming lessons can reduce the risk of drowning by 88% among children.

Last year, improvements in overall swimming ability were captured via pre- and post-Red Cross Swim Tests and the Aquatic Perceived Competence Pictorial Scale. Additionally, children were able to identify and understand the importance of fruits, physical activity, and life skills that would enhance their overall well-being.

A community-based, multilevel intervention is an effective strategy to improve children's swimming ability, nutrition and physical fitness levels, and academic enrichment.

WHY PARTICIPATE?
• Approximately 10 people drown every day in the U.S.  
  Source: Centers for Disease Control and Prevention (CDC)

• 1/5 fatal drowning victims are children younger than 14 years of age. Source: CDC

• Drowning is also a silent killer—most young children who drown in pools were last seen in the home, had been out of sight less than five minutes, and were in the care of one or both parents at the time. Source: Present P. Child Drowning study

• Participation in formal swimming lessons can reduce the risk of drowning by 88% among children aged one to four years. Source: Pediatrics & Adolescent Medicine, 2009

• 70% of African-American children and 60% of Hispanic/Latino children cannot swim. Source: National research study by the USA Swimming Foundation and the University of Memphis

• African-American children drown at a rate nearly three times higher than their Caucasian peers. Source: CDC

• If a parent does not know how to swim, there is only a 13 percent chance that a child in that household will learn how to swim. Source: National research study by the USA Swimming Foundation and the University of Memphis

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