



City of Sumter Aquatics Center
1115 S. Lafayette Dr.
774 – 3998
Aquatics@sumtersc.gov
Ghoward@sumtersc.gov

Safety & Survival Swimming City of Sumter Aquatics Center Homeschool Association

Registration will be available via our website (sumterswim.com) on August 18th at 12:00 noon!

This Program Will Take Place On the Dates Listed Below:

Wednesday, September 6th

Monday, September 11th

Wednesday, September 13th

Monday, September 18th

Wednesday, September 20th

Monday, September 25th

Wednesday, September 27th

*There are no makeup days available

Sessions Available:

Ages 7-9 Years Old: 12:30 – 1:15 PM

Ages 10-14 Years Old: 1:30 – 2:15 PM

*Spots are limited

Prices:

\$35 Per Student

\$28 Per Student with Military Discount

Equipment Your Child Needs Daily:

- | | |
|---|--|
| + Bathing Suit | +Hair Tie (if needed) |
| + Towel | + Glasses Case (if needed) |
| + T-shirt (to wear in water if student would feel more comfortable) | |
| + Goggles (optional, but not provided) | + Ear plugs (optional, but not provided) |
| + Bag for clothes/student's swim equipment | |

*Your student should arrive at the Aquatics Center with their bathing suit under their clothing. After swimming, students may change out of wet clothes in the locker rooms.

For your student's safety and to best maximize your student's learning experience, please contact Grayce Howard (ghoward@sumtersc.gov) with anything that will allow us to better instruct your student (physical limitations, medical conditions, social/emotional/behavioral concerns, other necessary accommodations). Please be detailed.



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Safety & Survival Swimming Program Details

The goal of this program is to teach students self-rescue skills & basic water safety to help in preventing the risk of drowning. Drowning poses a considerable risk for youth & adults, especially those from underserved populations. The statistics are sobering, but drowning deaths are preventable. It is the vision of this program that everyone should have the chance to learn how to stay safe around water.

Topics Covered in the Safety & Survival Swimming Program:

1. Personal Water Safety

- a. Jump, Push, Turn, Grab
- b. Swim, Float, Swim
- c. Survival Float
- d. Treading Water
- e. Safe Water Exit: Elbow, Elbow, Belly, Knee

2. Safe Rescue of Others

- a. Reach or Throw, Don't Go!

3. Use of Personal Devices

- a. Proper PFD Fit
- b. Put on PFD (On Land & In Water)

4. Cold Water Survival Techniques

- a. H.E.L.P. (Heat Escape Lessening Posture) Float
- b. Shoulder to Shoulder Survival Huddle/Circle
- c. Floating Carpet (Modified) Formation
- d. Cold-Water Gasp Reflex Drill

5. Introduction to Boating Safety

- a. Self-Recovery from Under Floating Object: Hand over Hand "Walk" Out

Frequently Asked Questions

1. What is the basic instructional format of the program?
 - a. Students are divided into small instructional groups based on their swim level. The average student to instructor ratio is 5:1, not including the lifeguard on the pool deck. The groups will rotate through learning stations around the pool. All students will participate in all learning stations. The instructors will tailor each learning station to the swim abilities of each group. For those who are unable to participate in the pool (e.g., broken arm), there will be land activities with the Lifeguard offered when possible.
2. How do I sign my student up for the Safety & Survival Swimming program at the Aquatics Center?
 - a. Please visit our website, sumterswim.com, to sign up for lessons. Sign ups will go live on August 18th at 12:00 noon.



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3. Will my student change into their bathing suit upon arrival at the Aquatics Center?
 - a. Your student should arrive at the AC with their bathing suit under their clothing. After swimming, students will change out of their bathing suits in the locker rooms. Please be mindful of the difficulty of changing into some types of clothing when wet. It is recommended that you dress your student in clothing that is easy to change into. Please bring a bag for all student belongings.
4. What happens if my student forget their bathing suit?
 - a. If your student forgets their bathing suit or other swim equipment, please make every effort to drop it off directly at the AC.
5. Can I come watch my child while they are at the AC?
 - a. Unfortunately, for the safety of all students, you are not permitted to observe the program live. As all of our instructors are background checked and undergo training to work with your students, we cannot allow members of the public access to the pool deck with the Safety & Survival Swimming Program is underway. Additionally, parent presence would be a distraction for the students.
6. What happens if a class is canceled during my student's assigned day/time?
 - a. If there is inclement weather or mechanical issues and students cannot be in the pool, the AC will pivot to land learning activities in the classroom with students.
7. What if my student is not able to participate on a certain day/time?
 - a. Unfortunately, there is not an option for your student to attend an alternative day/time.

**Please contact the Aquatics Director, Grayce Howard, with any questions or concerns:
Ghoward@sumtersc.gov**