

The Wave

Newsletter

GAC
GREENSBORO AQUATIC CENTER

November

Happy Fall,

As the seasons change and leaves start to fall it becomes the time of year where we give thanks. The GAC would like to thank you for choosing us for your aquatic needs.



T.Wave's Tip of The Month:



Reach means reach out to the person in the water with an object that the person can grab. Then you can pull them back to safety.

Throw them something that floats, ideally with a rope attached. Then pull them back toward safety.

And, of course, there is the final part of the phrase: don't go. You already know what that means! **Don't go** in the water to try to help.

"Reach or Throw, Don't Go!"



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PROGRAM HIGHLIGHT

2nd Grade Learn to Swim

Students in the 'Learn to Swim' program receive instruction in a 25-yard pool and are taught techniques that foster a systematic progression of swimming skills that will maximize their development over a series of five 40-minute lessons. The skills learned through the "Learn to Swim Program" are lifesaving and help students develop an active lifestyle while exposing them to additional swimming opportunities.

The total number of 'Learn to Swim' program graduates since 2011 has now climbed over 16,000.

Water Safety

Are you wondering what more can you do to be more water safe?

How about take a **Water Safety for Parents and Caregivers Course!!**

The Online Course focuses on developing an awareness of the risks of drowning and how to minimize those risks especially for young children. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning.

Below use the QR code to take this course for **Free!**

Do your part and be water smart!



DID YOU KNOW?

Did you know the GAC host some really large swim meets, like the Toyota US Open? Check out our upcoming events on our website.



Beyond The Wave

Visit our website for all program information:



For more water safety info. please visit Red Cross:



Free Water Safety Course:

