



YMCA Aquatics Center

Building confidence and swimming skills may take practice and continued instruction. The YMCA offers swim lessons year round where your child can become an experienced, strong and independent swimmer.

The YMCA also has a year round swim team that was founded on the belief that success in competitive swimming teaches athletes life skills that will aid a young adult's success. We hope to see you continue kicking with confidence at the YMCA Aquatics Center.

No matter what the ability...
the experience... or commitment...

**Come Grow
Fins With Us**
at the Upper Palmetto YMCA

UPPER PALMETTO YMCA
upymca.org
swimrays.com

Rock Hill Aquatics Center
325 Rawlinson Road
Rock Hill, SC 29732

CSD Aquatics Center
5485 Charlotte Hwy
Clover, SC 29710



Kicking with Confidence



SPONSORED BY:



Natural Gas Safety

Pipelines carry natural gas to homes, schools, and businesses. An odorant that smells like rotten eggs is added to the gas to help you detect a leak.

- If you smell gas in your home, tell an adult.
- If no adult is there, get everyone out of the house quickly.
- Leave the area immediately.
- Do not use a light switch, flashlight, TV or even a phone/cell phone.
- Get to a safe location and ask an adult to report the leak to 911 and call York County Natural Gas Authority.

If in doubt - GET OUT!



GAS EMERGENCY:
866-201-1001



THIS PROGRAM SPONSORED BY:



You need **ENERGY** to swim, and you get your energy from food.

Did you know that the pool uses **ENERGY** as well?

The Aquatics Center pool uses efficient and reliable natural gas energy to quickly heat and maintain the desired temperature to keep you swimming year-round.



Teach Them Early

YMCA Pool Safety

It is our goal that each child develops the skills and safety awareness to avoid dangerous situations in or near water. This brochure provides information for children and their families to better enjoy water based activities.

Learn to be comfortable in the water and swim at an early age. Be sure you know and follow all pool rules.



stay hydrated

Make sure that you are drinking plenty of fluids to stay properly hydrated, especially on hot days.

don't just pack it...



Make sure to **wear** proper water safety and flotation devices when on a boat or in open water.

who's your buddy?



Never swim alone

Always make sure the swimming area is supervised by a lifeguard or adult.



Did you know? Natural gas is a main energy source to heat buildings, and it's also used for cooking, heating water, drying clothes and even generating electricity.

CONGRATULATIONS!

Your child, _____,

has successfully completed the Kicking With Confidence Program at the YMCA Aquatics Center. The YMCA staff would like to remind you that your child's swimming experience does not have to end here. If you would like your child to continue with one of the YMCA programs this is our recommendation:

SWIM LESSONS:

Youth ☐ Level 1 ☐ Level 2
☐ Level 3 ☐ Level 4

SWIM TEAM:

WAYS Please call Katie Wright at the YMCA Aquatics Center **803-831-YMCA (9622)** to schedule a swim team evaluation.

\$5 OFF

coupon



Present this Kicking with Confidence Certificate of Completion to receive \$5 off a one month session of swim lessons.

