

MAKING AN IMPACT

2019 CASS SWIM CAMP



The Cass Swim Camp exemplifies how the YMCA of Southwest Michigan partners with the community to meet a need and simultaneously leave a lasting, positive impact on youth.

In Michigan, we are always nearby a lake, river, or swimming pool. Therefore it is essential for our youth to develop recommended water safety skills and improve their swimming ability. Not only that, but the Cass Swim Camp helped to foster achievement, positive relationships, and a sense of belonging through its lessons.

Students learned basic water safety skills with a focus on acclimating to the water by fully submerging and developing two benchmark skills:

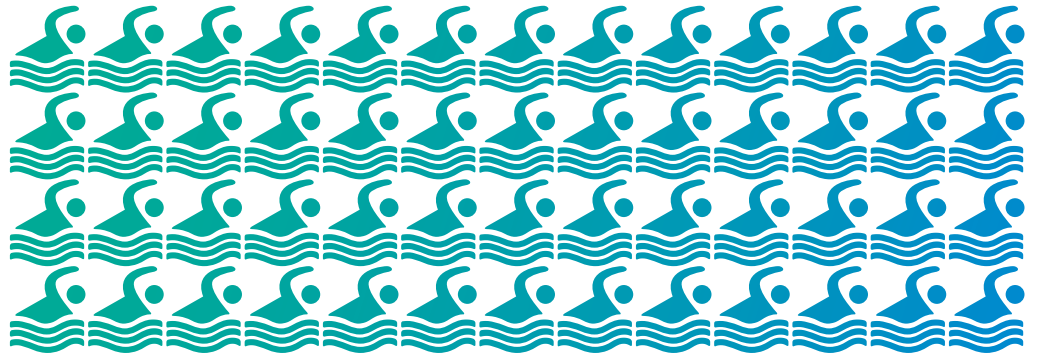
- **SWIM, FLOAT, SWIM, 10 FT.** helps students reach the side of the pool by alternatively swimming and rolling onto their back to float and rest, then grabbing the wall once within reach and climbing out.
- **JUMP, PUSH, TURN, GRAB** helps students safely exit the pool by pushing off the bottom, grabbing the wall, and climbing out



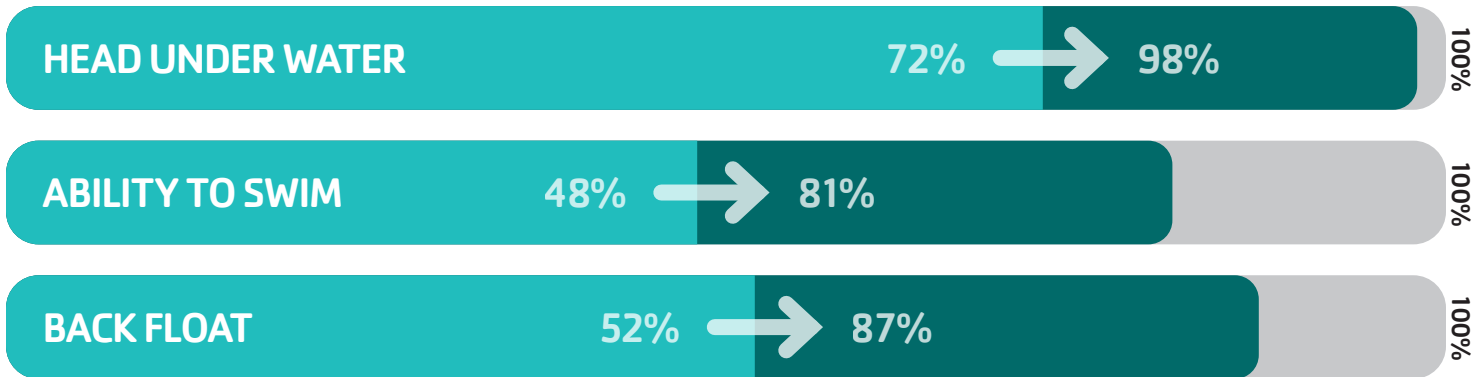
THE RESULTS

2019 CASS SWIM CAMP

52
STUDENT
SWIMMERS



AVERAGE IMPROVEMENT



BEFORE & AFTER

MS. KOEHLER'S CLASS

Head Under Water: 71% → 100%

Swimming Ability: 48% → 81%

Back Float: 47% → 86%

MRS. WIGHTMAN'S CLASS

Head Under Water: 73% → 95%

Swimming Ability: 47% → 81%

Back Float: 56% → 88%

Students believed that their ability to swim went from 58% to 90%!