



SAFE Swim Foundation

5047 HWY 158

Lake City, AR 72437

(870) 565-3733

What exactly IS survival swim?

Water-related accidents can happen unexpectedly and within a matter of seconds, posing a significant danger to children. As a matter of fact, drowning is the leading cause of death in children ages 1 to 4, according to the Centers for Disease Control and Prevention. That's where survival swim training is crucial.

Survival swimming is a specialized skill that equips children (and adults) with the ability to ensure their own safety. The SAFE Swim Curriculum trains students to save themselves in water-related emergencies. Unlike traditional swimming lessons that focus on stroke technique and recreational swimming, survival swim training focuses primarily on water survival skills and building water confidence.

Key Elements of Survival Swim:

1. **Breath Control and Submersion**

Survival swim teaches children to hold their breath underwater and remain calm when submerged. This training enables them to respond appropriately in unexpected situations, such as accidentally falling into the water.

2. **Floating Techniques**

One of the fundamental skills taught in survival swim is floating. Children learn to assume a floating position on their backs, which allows them to rest and breathe while awaiting rescue or until they can reach a safe location.

3. **Swim and Movement**

Survival swim programs focus on teaching basic swimming skills to enable children to move themselves through the water toward safety. This includes kicking, reaching, and propelling themselves using their arms and legs.

Our program teaches students each of these key elements through repetition, gradual skill progression, and age-appropriate teaching methods to ensure effective learning. Classes are conducted in a one-on-one or small group setting to provide personalized attention and tailored instruction.



NOW ENROLLING FOR **ALL AGES**
**SURVIVAL SWIM
TRAINING**

CERTIFIED COURSES FOR WATER SAFETY

(870) 206-0069 | YAYASFISHES.COM
5047 HWY 158, LAKE CITY, AR



RN ACLS • SAFE SWIM INSTRUCTOR • PEDIASWIM CERTIFIED
WORKING IN PARTNERSHIP WITH THE SAFE SWIM FOUNDATION





OUR MISSION

We at The School of Yaya's Fishes are committed to maintaining the safety of your precious little ones while helping them develop independence, confidence, fitness, and discipline in the pool. We strive to ensure a lifetime of safety and enjoyment in and around the water.

OUR COURSES

S.A.F.E. SWIM I

This beginning course is designed for students of all ages, from the time they can crawl. This is a swim-float-swim style course. Students will learn appropriate swimming postures, including floating and turning the body upward from a face-down position.

S.A.F.E. SWIM II

This course is maintenance swimming lessons for children to retain and refine the skills they learned in our previous course and to increase confidence. Maintenance lessons are held 1-3 times per week depending on desired skill achievement level.

S.A.F.E. SWIM III

Stroke training and development are taught in this level. Students will concentrate on increasing stroke skill for Freestyle, Breaststroke, Butterfly, and Backstroke.

ABOUT OUR FOUNDATION

Through our foundation, we provide swimming instruction scholarships to infants, toddlers, and children at The School of Yaya's Fishes.

Why? Because we are dedicated to helping children develop valuable, life-long mental and physical skills that promote safety in and around water.

At The School of Yaya's Fishes, the founder is the only PediaSwim certified instructor in the state, and three RNs are on staff to help facilitate any child's needs while they are on the property.



CONTACT OUR FOUNDATION

SAFESwimFoundation.com

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Facebook:
[thesafeswimfoundation](https://www.facebook.com/thesafeswimfoundation)

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a donation to our
foundation.



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DROWNING STATISTICS

- Drowning is the #1 cause of death in children ages 1-4.
 - Arkansas ranks 7th in the US for drowning-related deaths among children.
 - Arkansas drowning is 60% higher than national average.
 - Children ages 1-4 have the highest drowning rates.
 - Formal swimming lessons reduce the risk of drowning by 88%.
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(Sources: Centers for Disease Control and Arkansas Department of Health)



Dear Parents,

Jonesboro Pediatric Clinic makes it our job to keep you and your kids happy, healthy, and safe. If I told you as a parent that “an ounce of prevention is worth a pound of cure,” I would sound like your grandmother, but it could not be truer than with accidental drownings.

We strive as parents to protect our children from disease, danger, and harm in all aspects of life, and water safety is no different. The skills acquired with the SAFE Swim Foundation/The School of Yaya’s Fishes can prevent a parent’s worst nightmare. I have seen, firsthand, it can save a child’s life.

I recommend this program to

patients as early as 6 months of age and trust Terri and her staff to provide the survival skills to prevent drowning.

Children are always so proud to tell me they graduated from “Yaya’s”!

Amy Duch, APRN
Jonesboro Pediatric Clinic