MAKING AN IMPACT
2022 CASS SWIM CAMP

The Cass Swim Camp exemplifies how the YMCA of Greater Michiana partners with 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, the Cass Swim Camp helps to foster achievement, positive relationships, and a sense of belonging.

Students learn 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 youth 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
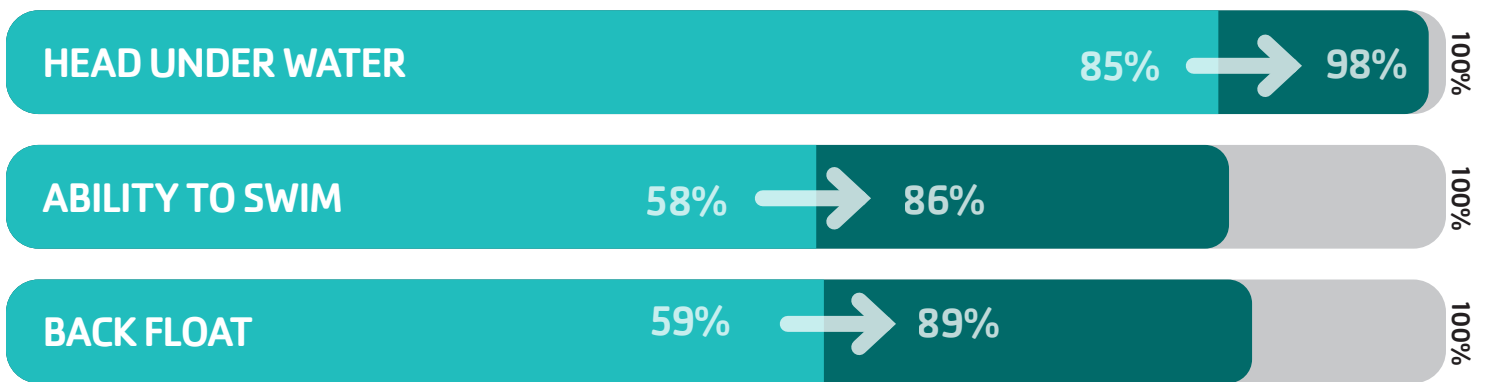
THE RESULTS 2022 CASS SWIM CAMP

61 STUDENT SWIMMERS

AVERAGE IMPROVEMENT

HEAD UNDER WATER — 85% → 98% — 100%

ABILITY TO SWIM — 58% → 86% — 100%

BACK FLOAT — 59% → 89% — 100%

BEFORE & AFTER

MS. HILL'S CLASS
Student Improvements

Head Under Water:	82% → 97%
Swimming Ability:	57% → 92%
Back Float:	54% → 94%

MS. HILL'S CLASS
Instructor Improvements

Head Under Water:	85% → 97%
Swimming Ability:	50% → 84%
Back Float:	52% → 90%

MRS. WIGHTMAN'S CLASS
Student Improvements

Head Under Water:	88% → 100%
Swimming Ability:	73% → 84%
Back Float:	61% → 88%

MRS. WIGHTMAN'S CLASS
Instructor Improvements

Head Under Water:	92% → 100%
Swimming Ability:	63% → 89%
Back Float:	68% → 97%

MRS. TURNBOW'S CLASS
Student Improvements

Head Under Water:	81% → 98%
Swimming Ability:	68% → 86%
Back Float:	65% → 88%

MRS. TURNBOW'S CLASS
Instructor Improvements

Head Under Water:	82% → 96%
Swimming Ability:	42% → 81%
Back Float:	56% → 81%