

# EVERYONE IN THE POOL

5-YEAR PLAN
GOALS & OBJECTIVES

2024-2028

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**METROPARKS.COM** 



### **TABLE OF CONTENTS**

Background	2
Supporting Our Strategic Plan	9
2021 - 2023 Programming	10
Future Initiatives & Goals	13
Reporting Progress	21
Appendix & Resources	22

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#### **BACKGROUND**

Michigan, often affectionately called the 'Great Lakes State,' is renowned for its breathtaking natural landscapes and the boundless aquatic opportunities it offers. Nonetheless, recent studies have unveiled a concerning statistic: a staggering 79% of children residing in households with incomes below \$50,000 possess limited to no swimming proficiency. Furthermore, a substantial 70% of Detroit's youth lack substantial swim experience.

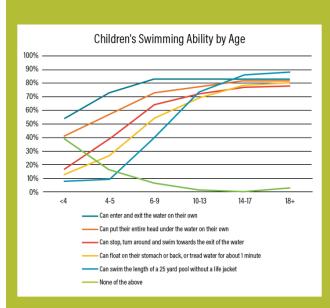
In 2021, the Metroparks, recognizing the gravity of this regional issue, collaborated with an external consultant to delve into the challenges hindering swim instruction and the gaps in water safety across the five-county region they serve, encompassing Livingston, Oakland, Macomb, Washtenaw, and Wayne counties. Insights gathered from community members across southeast Michigan revealed a striking consensus: the cost of swim lessons poses a significant obstacle, preventing many families, particularly those of color and Detroit residents, from accessing these crucial programs. This financial barrier emerged as a primary impediment to expanding swimming knowledge and fostering a sense of water safety among the population.

For an in-depth exploration of the Swimming Program Development Plan, complete with survey data results, please refer to the provided link: <u>Huron-Clinton Metroparks Swim</u> Program Study Report

Some of the main findings from this regional study were:

### **KEY TAKEAWAYS**

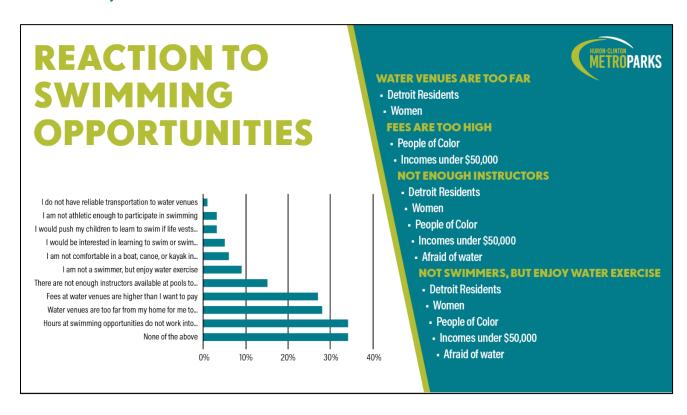




- Detroit residents and people of color self report that they are less proficient swimmers than others.
- Detroit residents, people of color are more interested in learning to swim.
- Swimming proficiency appears to increase as children get older.
- People who are afraid of the water state swimming provides a pleasant way to cool down & spend time with family.

The Metroparks are committed to serving all the people, all their lives and removing barriers to recreation and parks whenever possible to better serve southeast Michigan. Upon reviewing the findings of the swim study and actively engaging with the communities we serve, we identified an initial avenue for our involvement: the removal of cost barriers and providing funding to support and grow the commendable initiatives already underway by regional partners. Our aim is to enhance the accessibility and equity of swim lessons throughout the entire region. Through these efforts, the Metroparks aligns with its strategic plan, striving to expand access in underserved communities through tailored partnerships that directly address the barriers highlighted by the community.

The swim study chart below highlights the reported obstacles, including the geographical availability of swim lessons, the financial constraints associated with them, and the scarcity of swim instructors, all of which contribute to the challenges faced by our community.



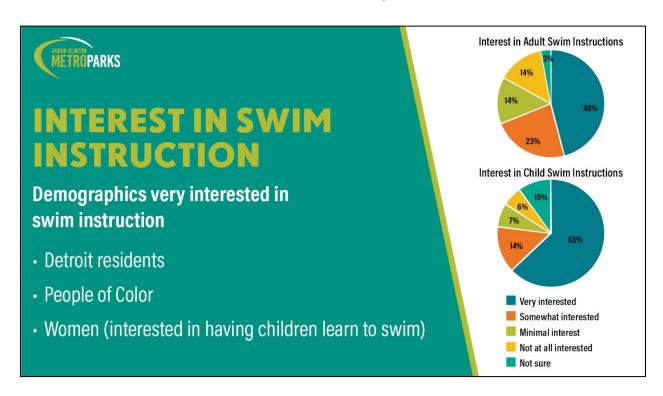


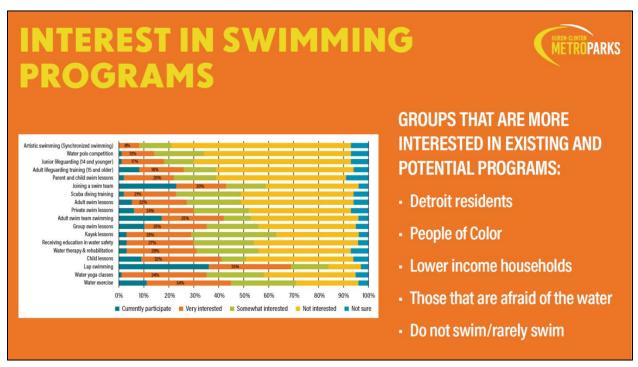
Here the swim study showed varying levels of comfort at different swim facilities.





Digging even deeper into the data, we find a notable surge in interest, particularly in swim instruction programs, spanning both adults and children. Furthermore, the data reveals a spectrum of interest in various forms of aquatic programming. This underscores the enduring and robust demand within the community. These insights signal the necessity of crafting innovative solutions to fulfill these demands effectively.





In addition to the swim study, in 2022, the Metroparks worked with ETC institute to conduct a regional Community Needs Assessment Survey at a 95% level of confidence across all five counties. The survey and its results are utilized to guide the Metroparks in taking a resident-driven approach to making decisions that will enrich the future of the community and positively affect the lives of all residents in southeast Michigan, and to establish and prioritize improvements to the parks system and programming. The Community Needs Survey can be found here.

In this survey, it was discovered that:

- Out of a list of 25 different facility types, respondents ranked outdoor pools third highest in the list of unmet needs.
- When asked directly, 50% of respondents all thought warm water pools for swim lessons or therapy were strongly needed in the community.
- Out of 25 different program types, respondents ranked water fitness programs 12<sup>th</sup> and swim lessons 16<sup>th</sup> in the list of unmet program needs.
- When drilling into the data from this survey by county, the priority for water fitness and swim lesson programs were ranked a "high priority" in Wayne County, signifying an even greater need there than the other four counties.

Based on the findings from both studies, Huron-Clinton Metroparks remains committed to improving water safety so that more Michiganders in our region can safely and confidently enjoy the pools, lakes and rivers our state has to offer. With drowning being among the top three causes of unintentional death for persons 29 years old and younger<sup>1</sup>, teaching children this life-saving skill is essential to decreasing the likelihood of water-related injuries and deaths. This supports the Metroparks' strategic plan priorities by listening to the community and connecting the work we do with those who need it, as well as the initiatives of the Metroparks Diversity, Equity, and Inclusion five year plan goal of increasing the Metroparks services in equity emphasis area zip codes, and DEI-focused community collaborations

The Metroparks' overarching aspiration in the realm of water safety and swim instruction is to ensure that every child residing in southeast Michigan not only learns to swim but also acquires the vital skill of water safety for a lifetime. To achieve this vision, the Metroparks identified a strategic approach: forging partnerships with organizations across the region and injecting funding to amplify the commendable efforts already in progress. This collaborative endeavor aims to increase the availability of free swim lessons for residents in southeast Michigan, thereby making a substantial initial impact, and to continue growing from there.

8

<sup>&</sup>lt;sup>1</sup> https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6319a2.htm?s cid=mm6319a2 w#tab

# SUPPORTING OUR STRATEGIC PLAN

This Everyone in the Pool program plan was written to support the Metroparks Strategic Plan in the following ways.

#### **Listen & Connect**

Under the Strategic Plan goal of Listen & Connect, the Everyone in the Pool 5-year program plan will utilize data and input from our communities to create innovative programs that meet the needs of our five counties. This work will support ALL of the Strategic Plan Objectives under that goal:

- Create listening opportunities that help the Metroparks understand resident needs
- Increase access to Metroparks services for Wayne County and City of Detroit with customized programming
- Increase transparency and accountability for progress against goals and objectives through master and departmental plans that benchmark and measure progress
- Increase engagement with Metroparks services
- Increase access to Metroparks services for underserved communities with customized programming

#### **Maintain & Invest**

Additionally, under the Strategic Plan goal of Maintain & Invest, the Everyone in the Pool 5-year program plan will seek to secure outside funding to support the program and work to grow future lifeguard training programs. By doing so, we will be working towards the following objectives under this goal:

- Increase revenue from philanthropic and public sector sources
- Study revenue opportunities across current and new programs
- Create a talent strategy to attract and retain the intellectual and human capital needed to achieve the vision

### **2021-2023 PROGRAMMING**

The Metroparks recognized the need for creative solutions to overcome barriers preventing individuals from accessing swim lessons. Rather than tackling these challenges alone, we took a collaborative approach to work with community partners to address these issues regionally as opposed to in silos. We initiated partnerships with local community organizations, including both municipal and non-profit organizations, to provide free water safety and swim lesson locations within zip codes that have been identified as areas of inequity, referred to as 'equity emphasis area zip codes' <sup>2</sup>. Within these designated equity emphasis area zip codes, we strategically joined forces with local organizations to establish free swim lessons, giving rise to the *Everyone in the Pool* program. This approach ensures the ready availability of lessons within close proximity to those who require them most, effectively eliminating the transportation distance barrier. In doing so, we aligned our efforts with the strategic plan's goal of "Listen & connect," as we attentively addressed resident needs and devised tailored programming to serve underserved communities.

In 2021, the Metroparks *Everyone in the Pool* program was launched in partnership with the City of Detroit Parks & recreation and Detroit Riverfront Conservancy, through providing funding towards "Swim in the D" and by offering free swim lessons at Lake St. Clair Metropark in partnership with the Macomb Family YMCA.

In 2022, the program expanded to 8 locations within Livingston, Macomb, Oakland, Wayne, Washtenaw counties, giving considerations to having location partners in each county and emphasizing equity emphasis area zip codes when possible. Each partnership was, and continues to be, unique based on the needs in that community.



<sup>2</sup> 

 $https://maps.semcog.org/EquityEmphasisAreas/?tiles=popage65 and up\_21, popage0\_17\_21, popminority\_21, household sinpoverty\_21, hh\_limitedenglish\_21, hh\_transitdependent\_21, femalenos pousehh\_21, popdisability\_21 \& project=Transportation \% 20 Equity$ 

In 2022, The Metroparks partnered with local public and non-profit organizations to support 1,236 free water safety and swim lessons (1,063 - Summer, 175 - Fall) with the following organizations:

- Howell-Highlander Fitness & Aquatic Center (Livingston County) [48 lessons]
- Macomb Family YMCA (Macomb County) [175 lessons]
- Oakland County Parks- Waterford Oaks (Oakland County) [40 lessons]
- Department of Natural Resources- Pontiac Lake beach (Oakland County) [90 lessons]
- Rutherford Pool (Washtenaw County) [363 lessons]
- City of Detroit Parks & Recreation and Detroit Riverfront Conservancy, "Swim in the D" at Brennan pool (outdoor) Adams Butzel, Heilmann, & Patton Recreation Centers (indoor) (Wayne County) [350 lessons]
- Department of Natural Resources- Belle Isle beach (Wayne County) [90 lessons]
- Wayne County Family Aquatic Center (Wayne County)[80 lessons]

In 2023, the *Everyone in the Pool* program continued to expand by increasing opportunities and working with new community partners.

**During the winter and spring, 863 free water safety and swim lessons** were supported at the following locations:

- City of Detroit Parks & Recreation, "Swim in the D" Adams Butzel, Heilmann,
   & Patton Recreation Centers (Wayne County) [350 lessons]
- Detroit Public Schools Community District Marcus Garvey Academy (Wayne County) [100 lessons]
- Detroit Public Schools Community District Northwestern High School (Wayne County) [100 lessons]
- YMCA of Metropolitan Detroit, "Detroit Swims" at Center Line High School (Macomb County) [175 lessons]
- Howell-Highlander Fitness & Aquatic Center (Livingston County) [88 lessons]

In the **Summer**, **1,344 free water safety and swim lessons** were supported at the following locations:

- Ann Arbor YMCA at Birkett Lake (Livingston County) [12 lessons]
- Howell-Highlander Fitness & Aquatic Center (Livingston County) [48 lessons]
- Macomb Family YMCA (Macomb County) [150 lessons]
- Oakland County Parks- Waterford Oaks (Oakland County) [160 lessons]
- Rutherford Pool (Washtenaw County) [451 lessons]
- City of Detroit Parks & Recreation, "Swim in the D" at Brennan Pool (Wayne County) [350 lessons]
- Department of Natural Resources at Belle Isle beach (Wayne County) [93 lessons]
- Wayne County Family Aquatic Center (Wayne County) [80 lessons]

The *Everyone in the Pool* program will continue to be supported for the **2023-2024 school year to 1,023 participants** during January – May 2024 at the following locations:

- Howell-Highlander Fitness & Aquatic Center (Livingston County) [48 lessons]
- YMCA of Metropolitan Detroit, "Detroit Swims" at Center Line High School (Macomb County) [175 lessons]
- Ann Arbor YMCA (Washtenaw County) [175 lessons]
- Detroit Public Schools Community District Mumford High School (Wayne County) [175 lessons]
- City of Detroit Parks & Recreation, "Swim in the D" at Brennan pool (outdoor)
   Adams Butzel, Heilmann, & Patton Recreation Centers (Wayne County) [350 lessons]
- Adult-only swim classes at multiple YMCA locations in southeast Michigan [100 lessons]:
  - Macomb Family YMCA (Mount Clemens)
  - Birmingham Family YMCA
     South Oakland Family YMCA (Royal Oak)
  - Boll Family YMCA (Detroit)
  - Farmington Family YMCA
  - Downriver Family YMCA (Southgate)

After three years and 4,616 of students who have learned basic swim skills, it is time to plan for the future of Everyone in the Pool and continuing to increase access to Metroparks services for underserved communities with customized programming.



#### **FUTURE INITIATIVES & GOALS**

GOAL: Expand the *Everyone in the Pool* program to support at least 6,000 swim lessons annually by 2028. This expansion is part of our broader regional effort to reverse the existing statistic, striving towards a future in which 70% of residents in southeast Michigan possess essential swimming skills.

Drowning is among the top three causes of unintentional death for persons 29 years old and younger<sup>3</sup>. 79 percent of children in households with annual incomes less than \$50,000 do not know how to swim<sup>4</sup> and studies have shown that 70 percent of Detroit children have little to no swimming ability. The alarming reality is that Southeast Michigan has a multitude of opportunities to enjoy both natural and constructed water activities, but the disparities in swim ability and water competence lead to a higher risk of drownings in the region.

In swimming pools, Black children aged 5-19 are 5.5 times as likely as white children in the same age group to die from drowning; among ages 11-12, this rate increases to 10 times as likely<sup>5</sup>. The Metroparks are committed to being a part of the solution and finding the best ways to work with partners and communities to reverse the staggering statistic so that 70% of southeast Michigan residents **know** how to swim.

Objective 1: Increase the amount of free swim lessons regionally by working with additional partners and supporting additional sessions of lessons.

The Metroparks will expand the *Everyone in the Pool* program by supporting an additional 1,000 lessons each year (minimum) to reach 6,000 free swim lessons offered annually by 2028.

2024	3,100
2025	4,100
2026	5,100
2027	6,100
2028	6,100+

<sup>&</sup>lt;sup>3</sup> https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6319a2.htm?s cid=mm6319a2 w#tab

<sup>&</sup>lt;sup>4</sup> https://www.usaswimming.org/parents/learn-to-swim

<sup>&</sup>lt;sup>5</sup> https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6319a2.htm?s\_cid=mm6319a2\_w#tab

The Metroparks have fostered robust partnerships with numerous public and private organizations to enhance the accessibility of free water safety and introductory swim lessons. Central to these collaborative endeavors is a commitment to amplifying opportunities across various locations. The Metroparks will further expand these opportunities throughout the region by forging additional partnerships with organizations, aimed at delivering free water safety and swim lessons tailored to youth (ages 5-13). Simultaneously, we will augment the range of class options available, by expanding into supporting lessons for adults, tots and teenagers. This expansion hinges on optimizing the capacity of partner organizations and crafting innovative solutions that not only complement but also expand upon existing capacity through collaboration. The expansion is also dependent on the success of the goal to secure additional funding outlined later in this plan.

### Objective 2: Expand the number of school year swim lessons the Metroparks support by at least 20% yearly in each of the five counties

As part of the growth outlined in objective 1, the Metroparks will focus on increasing support for free swim lessons offered during the school year. Currently the Metroparks is providing support for swim lessons during the school year in Macomb and Wayne County, and in 2024 will be providing support to lessons targeted for January-May 2024 in Livingston, Macomb, Oakland, Washtenaw, and Wayne counties. This objective would focus on establishing additional partnerships with local school districts to offer more free water safety and swim lessons for students as part of their physical education curriculum and after-school extracurricular activities at school and community pools. This initiative will promote water safety awareness and swimming skills among school-aged children, while addressing access barriers such as location and transportation challenges. We will start first in equity emphasis zip codes as a way to increase engagement with underserved communities.

To bolster the effectiveness of our efforts in expanding school year swim lessons, we recognize the importance of conducting additional research into the availability and capacity of pools within and in close proximity to schools. The insights gleaned from this research will serve as the foundation for crafting more refined and innovative collaborations that harness the potential of our partners and the communities we intend to support.

**Lessons Supported During School Year (represents 20% annual growth)** 

Year	Livingston	Macomb	Oakland	Washtenaw	Wayne
	County	County	County	County	County
2024	48	190	30	175	557
2025	58	228	36	210	668
2026	69	273	43	252	801
2027	82	327	51	302	961
2028	98	392	61	362	1153

### Objective 3: Establish a formal data collection and reporting process for all free water safety and swim lessons organized through the *Everyone in the Pool* program

In 2023, the Metroparks created and implemented a standard skill assessment evaluation for consistent use during the summer water safety and swim lessons. The participant data was collected from each session of free water safety and swim lessons.

The participant data includes a pre-lesson and post-lesson skill assessment, the skill analysis is based on American Red Cross (ARC) Swim Skills (level 1). The participants can track their progress using a free ARC swim app, which is also accessible by desktop.

In addition to skill data, we gathered demographic information including zip codes and ages, along with satisfaction surveys for further in-depth analysis. We are committed to conducting an annual review of our data collection process, making necessary revisions as needed.

To maintain transparency and accountability, our annual report of the *Everyone in the Pool* program will be presented annually at the October Metroparks Board of Commissioner's meeting along with annual summer swim reports (October) and school year swim reports (July).

As part of our ongoing commitment, we will continue to formalize and strengthen this process, ensuring the reliable and consistent use of assessments and data collection in the future.



## GOAL: Increase the number of certified lifeguards and swim instructors in southeast Michigan so that by 2028 Metroparks facilities and partner swim lesson facilities remain fully staffed all summer long.

In recognition of the pressing shortage of lifeguards in our region, coupled with the identified deficit in certified lifeguard trainers, the Metroparks will embark on a collaborative initiative with our partners. The aim is to establish and grow lifeguard training programs across the five counties in southeast Michigan. This strategic endeavor seeks to create a more substantial lifeguard talent pipeline for our region.

Through this collaboration, we will explore opportunities to expand the availability of lifeguard certification classes throughout the region, ensuring consistent opportunities for certification, and explore ways to reduce the cost for participants interested in pursuing certification. This concerted effort will alleviate the strain imposed by the regional lifeguard shortage while also fostering a deeper appreciation for careers in recreation and water safety.

### Objective 1: Launch Pilot collaborative Lifeguard Training Program with YMCA in Wayne County

Acknowledging the pressing need for lifeguards to ensure the smooth operation of our Metroparks facilities, particularly in Wayne County, we're launching an initial collaborative lifeguard training pilot program right here in Wayne County. This program will provide certified lifeguards able to support locations like Willow pool, Turtle Cove, and YMCA-Southgate.

It's important to note that the lifeguard shortage isn't just limited to our region; it's a nationwide issue. There are a variety of factors contributing to this shortage, such as a dwindling interest in lifeguard careers, the lasting impacts of the COVID-19 pandemic, and the temporary closure of many public swimming venues. These closures not only reduced the availability of lifeguard certification courses but also led certified lifeguards and potential ones to explore alternative job opportunities during the pandemic, and some have chosen not to return to lifeguard work.<sup>6</sup>

In Michigan, there is a limited number of trainers for Lifeguards (LGI-T) who are qualified to certify Lifeguard Instructors (LGI). LGI's can certify lifeguards and conduct recertifications (required every 2 years). Expanding the number of both LGI-T and LGI's will allow for more opportunities to certify lifeguards in the region.

16

<sup>&</sup>lt;sup>6</sup> https://americanlifeguardassociation.com/the-reasons-for-the-lifeguard-shortage-and-how-to-address-them/

Objective 2: Expand lifeguard training program pilot to include all five counties we serve and explore program opportunities for junior lifeguarding and ongoing career opportunities.

By 2025, the Metroparks aims to expand the reach of our lifeguarding training program to three counties, and by 2026 expand lifeguard training programs to all five counties.

Furthermore, we're actively exploring prospective aquatics programs and partners that aim to cultivate a multi-year pathway for lifelong engagement in aquatics where participants engage in swim lessons and go on to participate on swim teams, junior lifeguarding and lifeguard certification. These endeavors enforce a lifelong love of the water and possible employment opportunities.

To achieve this goal, we will partner with organizations to:

- o offer free water safety and swim lessons to teenagers and young adults who are active in summer employment programs with a focus on outdoor recreation.
- develop junior lifeguard programs for kids 11-14 to help build a foundation of knowledge, attitudes, and skills for future lifeguards, be introduced to lifesaving skills and allow participants to shadow lifeguards in order to gain a real sense of the job.
- Identify and provide transportation options to ensure accessibility for all participants where possible.



### GOAL: Increase Water Fitness Programs at the Metroparks by 20% yearly through 2028.

The results from both the Councilman-Hunsaker swim survey and the Community Need Assessment survey clearly indicate a strong enthusiasm for swim programming and water fitness classes. These water fitness classes play a pivotal role in promoting health and wellness among individuals spanning different age groups and abilities, offering an inclusive and highly effective avenue for physical activity. Presently, we offer water fitness programming at both Lake St. Clair Metropark and Lower Huron Metropark to cater to these interests and needs.

In 2023, the Metroparks Recreation Programming Committee initiated two water fitness programs at Lake St. Clair Metropark and 2 programs at Lower Huron Metropark based on the community needs assessment survey results. Building upon a relatively successful first year, our objective is to further enhance this initiative by delving into additional water fitness programs, forging new partnerships, and addressing evolving needs. In line with this goal, we plan to expand our water fitness programs to encompass the water facilities at Lower Huron, Willow, Lake St. Clair, and Lake Erie Metroparks, as well as the beaches at Kensington and Stony Creek Metroparks.

Throughout these efforts we will identify additional water fitness instructors on staff and identify partners that could offer additional types of water fitness programs for multiple age groups such as paddleboard yoga, beach water aerobics, etc.



## GOAL: Secure external funding of at least \$500,000 annually by 2028 to expand free *Everyone in the Pool* Program and regional lifeguard training programs.

By securing external funding, the Metroparks can solidify the long-term sustainability and effectiveness of the *Everyone in the Pool* program. As we persist in our collaborative efforts with partner organizations and explore innovative solutions to expand the program, external funding and the shared use of resources play a pivotal role in championing these initiatives.

Moreover, these funds will enable us to invest in the necessary staff infrastructure, thereby ensuring a lasting and meaningful impact on water safety education within our community. It's worth noting that the average cost of the lessons we currently support stands at approximately \$100 per student per session. Our ambitious goal is to provide free water safety and swim lessons to a 6,000 students annually.

#### Proposed Timeline to Secure External Funding:

#### 2024

- Establish a strategic funding partner communication plan that leverages our data and previous program experience
- Work with our Public Relations/Strategic Communications firm to secure outside funding
- Identify and secure initial \$100,000 in grant, corporate and philanthropic funding to support the *Everyone in the Pool* program. Complemented by Metroparks funding to reach program goals.

#### 2025

- Revise and continue with fundraising and strategic partnership building through communications and the assistance of our Public Relations/Strategic Communications firm to secure outside funding.
- Identify and secure \$200,000 in grant, corporate and philanthropic funding to support the *Everyone in the Pool* program. Complemented by Metroparks funding to reach program goals.

#### 2026

 Identify and secure \$300,000 in external funding. Complemented by Metroparks funding to reach program goals.

#### 2027

 Identify and secure \$400,000 in external funding. Complemented by Metroparks funding to reach program goals.

#### 2028

 Identify and secure \$500,000 in external funding. Complemented by Metroparks funding to reach program goals.

### GOAL: Create a Southeast Michigan Swim and Water Safety Coalition by end of 2025

The Metroparks will lead an initiative to unite existing partners into a dedicated coalition focused on addressing regional water safety and swim lesson challenges. Within this coalition, the Metroparks will work collaboratively to develop the coalition's mission and evaluation metrics. We will actively seek new partners, funders, and stakeholders who are interested in participating in this coalition. Together, we will find innovative solutions to address regional swim and water safety challenges and determine the best way to articulate the importance of these efforts through compelling messaging and storytelling.

As part of our collaborative approach, we will develop a mapped network of sites that offer free or low-cost swim opportunities for residents. This tool will be accessible to the public and will help the coalition convey a compelling narrative to our community and identify gaps in service that need attention.

In line with the Metroparks' Strategic Plan, the coalition will prioritize listening to and engaging with our community stakeholders when it comes to regional water safety and swim lessons. This collaborative approach ensures that our coalition's efforts align with the needs and interests of the people we serve.



#### **REPORTING PROGRESS**

Progress against this plan will be reported back to the Metroparks Board of Commissioners on an annual basis in October. Annual reports will include updates about total number of lessons supported, updates on efforts regarding lifeguard training and development, updates on external funding and data around swim lesson skills assessments.

This reporting period will allow staff to include data from both school year and summer swim lessons in a more complete way.



#### **APPENDIX & RESOURCES**

Baumgaertner, E. (2023b, July 8). Drowning is No. 1 killer of young children. U.S. efforts to fix it are lagging. *The New York Times*.

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Racial/Ethnic Disparities in Fatal Unintentional Drowning Among Persons Aged ≤29 Years — United States, 1999–2010. (2014, May 16).

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