

April 2025



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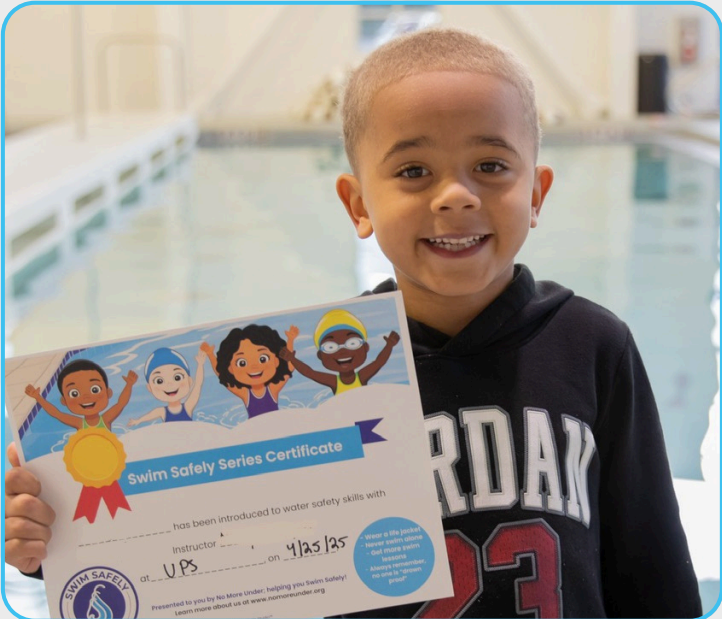
supported by A3
PERFORMANCE

SWIM SAFELY SERIES



The fact that the swimming lessons were free, was absolutely the reason I signed up. We have a lot of financial obligations at this particular time, so this opportunity was such a blessing to us.

- Parent of participant





Drowning is the second leading cause of death for children aged 5-14 years.*

*CDC

Swim lessons can reduce the risk of drowning by up to 88%.

However, many children do not learn to swim due to cultural and financial barriers.

*JAMA Pediatrics Journal

No More Under,
in partnership with the
University of Puget Sound,
supported **34 children**
through
free swimming lessons.

All 34 participants received **free swim caps and goggles thanks to A3 Performance!**



No More Under develops equitable, accessible learn-to-swim programs to ensure aquatics is an inclusive, safe, and enjoyable space for all.



UPS's Swim Safely Participant Data

21 Volunteer instructors from
UIC's Swim and Dive team

34 Youth Received Free Lessons

4 Languages Represented



Participants' Ages: **6-14** years old

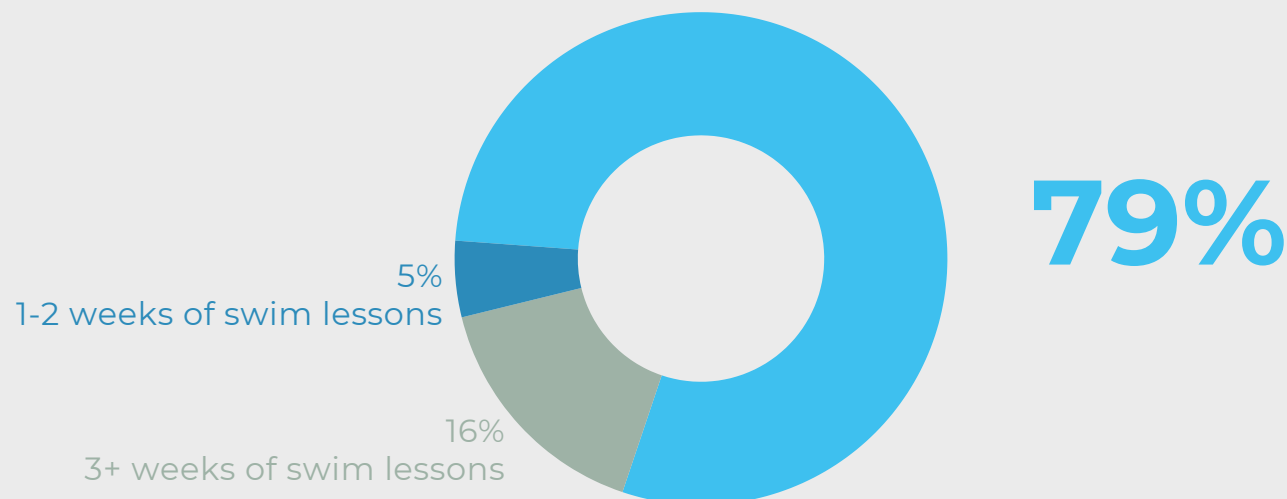
Participants Identified as BIPOC: **84%**
(Black, Brown, Indigenous, or Person of Color)

This is incredibly significant because Black and brown children drown up to 7.6 times more frequently than white children of their own age. *CDC



UPS's Swim Safely Participant Data

Participants in swim lessons for the first time:



Participants that qualified for Free-Lunch programs in school: 82%

These two data points speak to USA Swimming Foundation's statement that 79% of children from low-income families have low-to-no swimming ability.





UPS's Swim Safely Participant Data

59%

Of parents have never had formal swim lessons

26%

Of parents reported they have no swimming abilities

74%

Of parents would be unable, or would struggle to swim 25 yards

According to the USA Swimming Foundation, if a parent does not know how to swim, there is only a 19% chance that a child in their household will learn to swim.



83%

Of families attended at least 4 of the 5 days

Excluding families who never showed up to the program.

Families on the waitlist:

93



UPS's Skill Development Data

88% Of participants learned independent breath control

Based on participants who could not perform independent breath control on the first day assessment, and were present for the pre- and post-assessment.

47% Of participants learned how to roll and float independently

Based on participants who could not float independently on the first day and were present for the pre- and post-assessment.



75% Of participants who could not perform a self-rescue, learned assisted or independent self rescue by the final day.

Based on participants who could not perform a self-rescue who were present for the pre and post assessment.

22% Of participants, who could not initially self-rescue, learned to independently self-rescue

Based on participants who were present for the pre and post assessment.

For the purposes of instruction and evaluation, No More Under defines "self-rescue" as the demonstrated ability of an individual to (1) enter the water voluntarily (e.g., by jumping in), (2) submerge fully, (3) resurface while maintaining control and take a break in a controlled back float, (4) propel themselves through the water back to the pool's edge, and (5) exit the pool unassisted.

Assessments of self-rescue capability are inherently subjective and based on the professional judgment of individual instructors. As such, variation in interpretation and application of the criteria may occur.

No More Under does not, under any circumstances, certify, declare, or imply that any individual is "drown-proof." All swimmers, regardless of demonstrated skill level, must be under constant and active supervision when in or near water. The successful performance of any self-rescue skill does not eliminate the risk of drowning or substitute for appropriate supervision and safety precautions.



UPS's Family Feedback

Would you repeat the Swim Safety Series?

100% Yes



How beneficial did you find this program?

4.7 / 5



Do you intend to sign up for more swim lessons?

100% Yes



21% of respondents had already registered for additional lessons by the time they completed this survey!



UPS's Family Feedback



These **lessons being free** made it **accessible to our family**.

As a parent my favorite part of the experience is that **my son now wants to keep swimming and improve his skills**.

My daughter **overcame her fear** of putting her face under water and **she learned to float!**

I loved seeing my daughter **gain confidence and comfort** in the water... She's **starting more swim lessons next week!**

The **energy and kindness of every teacher** on the swim team was our favorite part.

My son **overcame his fear of water!**

None of our family knows how to swim. I want my son to be **safe in the water** knowing how to swim.





UPS's Family Feedback

“ Having these **free lessons** was amazing and **so important**. **I couldn't have signed my kids up without them being free** because the cost becomes burdensome.

My 10-year-old son has had a fear of getting water up his nose his whole life. **He overcame his fear** and was hopping **in and out of the water on his own because he enjoyed it!**



Just **seeing our little swimmer more confident** and **having a good time while learning** was the **best possible outcome**.



On day three something clicked and **our swimmer felt confident enough to swim down and get a ring**. This was **previously a massive fear** for her.

My kids loved their teachers and insisted on being **present each day**. I loved that **they loved it** enough to take initiative.

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