

LEARN-TO-SWIM PROGRAMS

"My kid was totally afraid of the water, but this program has helped him to enter the pool confidently and learn how to swim."



Drowning is the leading cause of death for children aged 1-4.

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

*CDC

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

<i>Year</i>	<i>2022</i>	<i>2023</i>	<i>2024</i>
<i>Participants</i>	197	740	1,100
<i>FREE Lessons Received</i>	985	4,120	5,500



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

2024 Data

Location	King County	WA state <small>Incl. King County</small>	Colorado	Illinois
% of total lessons	84%	88%	6%	6%

Participants Identified as BIPOC: **83%**
(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



2024 Data

80% Had little or no formal swim lesson experience

Qualified for Free Lunch: **81%**

These two data points are important because 79% of children from low-income families have low to no swimming ability.*

*USA Swimming Foundation



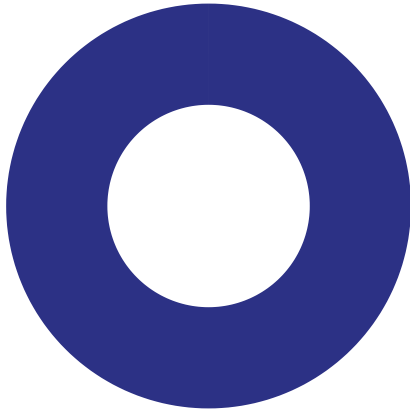
Ages Served: **4-18 years old**

14 Languages Represented

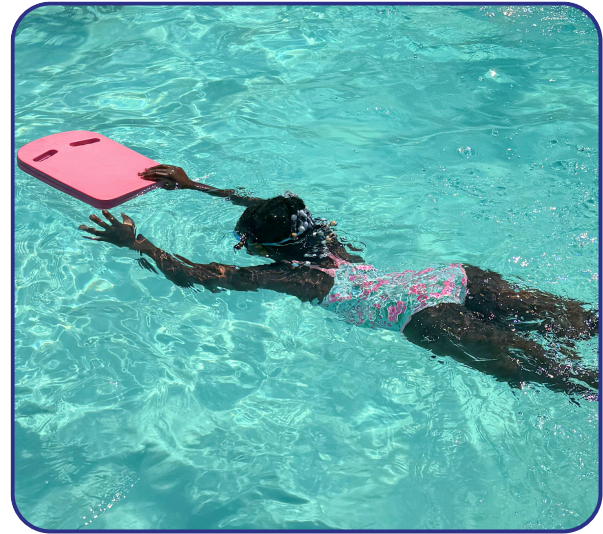


2024 Family Feedback

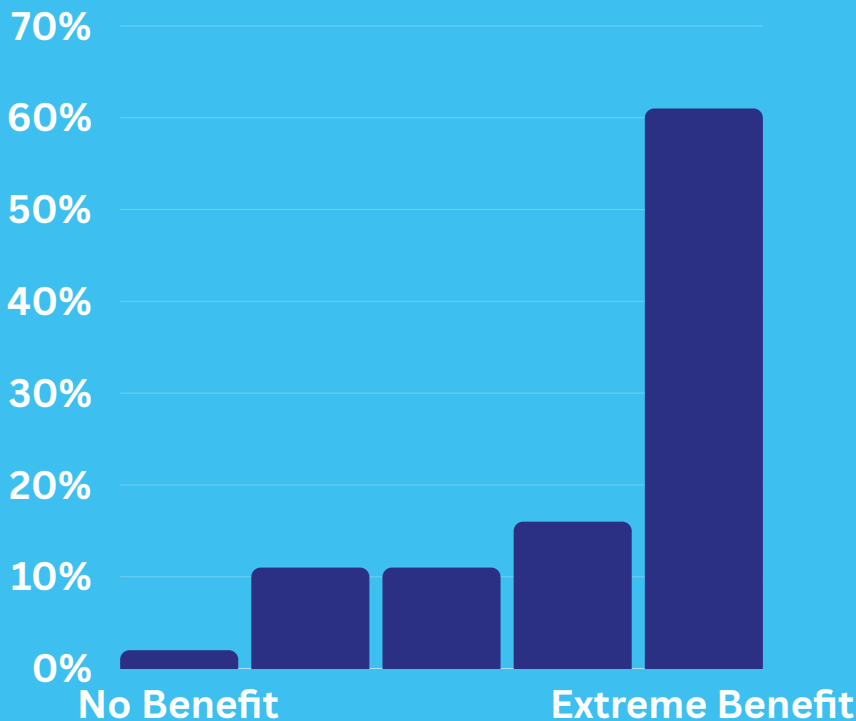
Would you like more swim lessons?



Yes
100%



Do you feel as if your swimmer/s benefitted from these lessons?



Average: 4.2 / 5

2024 Family Feedback

- My son had a total transformation thanks to these classes! He was blessed.
- It is very important for me that these lessons were free. I have 4 children and I don't have much money for it. Thank you!
- The children had fun and really developed their skills. I loved it and so did the kids!
- The swimming lessons were helpful and the instructor was very kind and friendly.
- My son is no longer afraid of putting his head under water.



- Every day was a blessing and my kids enjoyed it. The teachers work with so much passion and love. I wish it was longer.
- With income I generate it would have been so hard for me to pay for these lessons.
- My daughter is not scared of water like she use to be. She can jump and try to swim with same rules as you taught her. Thank you!

