

April 2025



**NO MORE
UNDER**

&



supported by **A3**
PERFORMANCE

SWIM SAFELY SERIES



***"This is a lifeline
for people that can't
afford to pay for
lessons. This was a
life-saving
experience. We are so
appreciative."***

- 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 Illinois
Chicago,**
supported **57 children**
through
free swimming lessons.

All 57 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.



UIC's Swim Safely Participant Data

33 Volunteer instructors from UIC's Swim and Dive team

57 Youth Received Free Lessons

5 Languages Represented



Participants' Ages: **5-16** years old

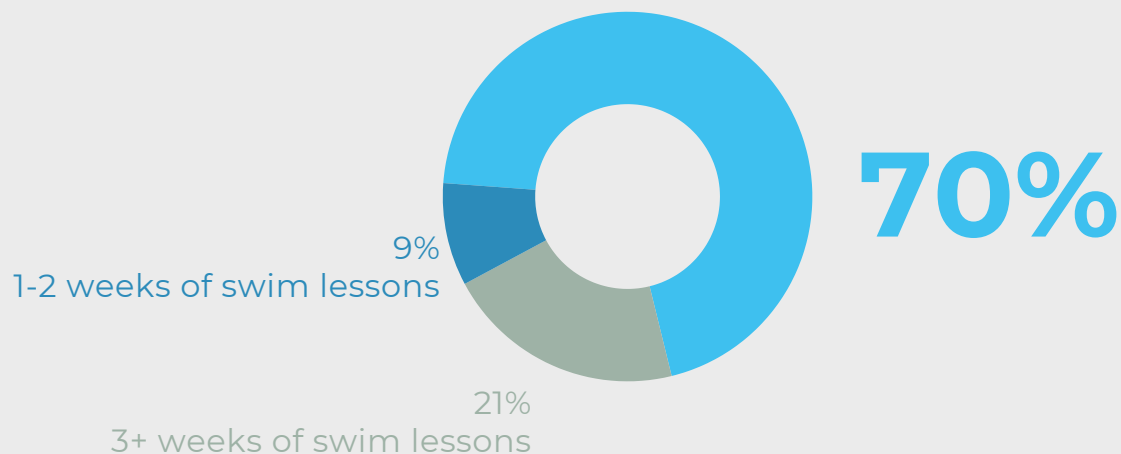
Participants Identified as BIPOC: **96%**
(Black, Brown, Indigenous, or Person of Color)

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



UIC's Swim Safely Participant Data

Participants in swim lessons for the first time:



Participants that qualified for Free-Lunch programs in school: 94%

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.





UIC's Swim Safely Participant Data

75%

Of parents have never had formal swim lessons

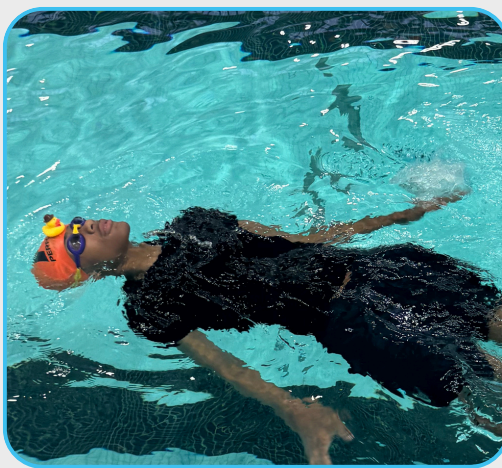
37%

Of parents reported they have no swimming abilities (including could not float)

81%

Of parents are not confident that they could 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.



89%

Of families attended at least 4 of the 5 days

Excluding families who never showed up to the program.

Families on the waitlist:
440



UIC's Skill Development Data

93%

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.

66%

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.



85%

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

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

26%

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.



UIC's Family Feedback

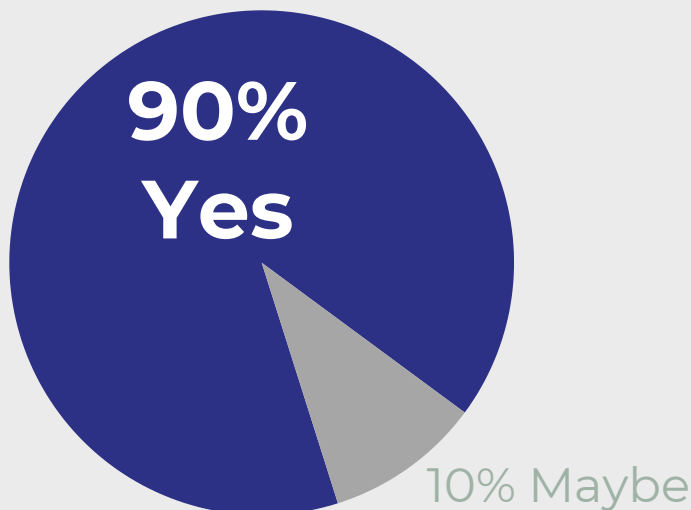
Would you repeat the Swim Safely Series?



How beneficial did you find this program?



Do you intend to sign up for more swim lessons?





UIC's Family Feedback



I'm a **single mother**, so it's hard for me to put my kids in programs that cost at this time. So **thank you very much** for making them **free**.

I loved it when my daughter said, "**Mommy I did it, I put my head under water.**" It has helped her **get over her fear of water**.

They are **more confident and safe**. They **would like to join a swim team** one day.

I was **very grateful** that the **classes were free**. I've been out of work for 5 months and **I was so happy** that my child got to experience something that I otherwise wouldn't have been able to take him to.

I was so moved when I saw both my boys in the **deep water survival swimming**.





UIC's Family Feedback

“My husband recently lost his job and **we are operating on a single income**. We are a family of 5. We are **so thankful for these classes** because none of us learned to swim and **we want to give our children a chance!** Thank you!!

The **attention the coaches had** with our children and the **ratio was perfect**.

It was a **great way to overcome fear** as a parent **watching my children learn to swim for the first time**, but also **understanding the importance of safety in the water was crucial**.



The **coaches were really kind and helpful** and **showed so much empathy and patience** with my kids being scared to get in the water on the first day.

It was **very important and helpful** that these swim **lessons were free**. I am a single parent of three boys.