

## **YWCA-CASSA SUMMER 2015 PROGRAM**

### **Testimonial of Lifeguard/Swim Instructor Gordon Knowles III**

August 21, 2015

This summer I decided to participate in YWCA's Swimming Program. During the first week there was the swimming instructor training. In this training we mainly learned how to teach and manage the kids. After training we went on to our first week of teaching. It took some time to get used to teaching kids, but after a week or so I began to get comfortable with it. Then the Lifeguard and First Aid Training began. The lifeguard training was a little challenging at first, but I tried my best and eventually saw great improvements in my swimming skills.

During this summer I learned many new things from this program. I learned how to deal with the kids and I also gained a lot of experience in both teaching swimming and being a lifeguard. I enjoyed the program and I look forward to volunteering next year and the years to come.