

INFORMATION LETTER: Resilience in Youth in YMCA HBB Aquatics programs



Dear Parents/Guardians,

We are excited to share that some youth taking "Star Level" swim lessons this spring will be part of a special project. YMCA staff will be collecting data to understand if participating in swim lessons changes how resilient children feel. Resilience means how well they can handle challenges and bounce back from tough times.

Why are we doing this? Improving resilience in youth is a goal in the YMCA HBB's plan for the year. We believe that by being part of the YMCA community, your child can build strong relationships and develop healthy habits. This helps them become more resilient.

What will your child do? Children in some Star level swim lessons will be invited by YMCA aquatics staff to complete a 10-item survey online during the second week of spring swim lessons and again at the end of the spring session. We will randomly select which Star swimming lessons will be invited to participate. Your child will be asked if they want to participate, and their decision to participate won't affect their swim lessons. The survey will ask your child how well each of the following statements describes them:

1. I finish what I begin.
2. When I get upset, I know how to calm down.
3. I like to think about all of the things I want to do.
4. I don't like to give up, even when something is hard to do.
5. I like to practice hard to get good at what I'm doing.
6. I am excited to learn new things.
7. I am happy with myself.
8. When I do something, I want to do it well.
9. I like to find something to laugh or smile about every day.
10. I think I'm okay just the way I am right now

Privacy and Confidentiality: Your child's responses will be kept confidential. We will look at their change in resilience score based on their answers at the start of the session and during the final week. We will report on group-level results only. The raw data will be accessed and used by the YMCA's Research and IT departments.

How will the data be used? This data will help us improve our programs and support the community better. The results will be included in the YMCA HBB's annual plan and impact reporting.

Benefits of Participating: Your child's participation will help the YMCA HBB understand the impact of our programs and improve them for everyone. Your child will receive a small token of appreciation for completing the survey at the start of the swim session and also at the end.

Voluntary Participation: Participation is voluntary. If you do not want your child to participate let us know by September 15, 2025 by completing this [form](#). You can contact Dana Liebermann, VP of Research, at dana.liebermann@ymcahbb.ca if you have any questions.

Thank you for your support!