



YMCA

We build strong kids,
strong families, strong communities.

FOR IMMEDIATE RELEASE:

Contact: Melissa Pavlish
Lincoln YMCA
402-323-6412
mpavlish@ymcalincoln.org

**THE LINCOLN YMCA ENCOURAGES CHILDREN AND FAMILIES TO PRACTICE
SAFETY IN THE WATER**

Enroll your child in aquatics programs at the YMCA today

LINCOLN, NE 6-8-09 – As children and families go to the beach, lake, water park or community pool this summer, the Lincoln YMCA encourages them to keep safety in mind. Swimming is a fun, summer activity for children and families, and it's imperative to ensure that they can demonstrate confidence and safety in the water.

“Water safety is paramount at the Lincoln YMCA,” says Melissa Pavlish, Aquatics Director for the Lincoln YMCA. “Children and families can come here and not only learn to swim, but learn quality water safety skills that save lives every day. We work to improve their personal safety and personal growth, and we want them to have fun during this experience.”

For the last 120 years, the YMCA has been recognized as the nation's swim instructor, teaching safety and confidence in the water. YMCAs offer the following tips to help keep children and families safe and injury-free in the water this summer:

- Learn to swim. The best thing you can do to stay safe in and around the water is to learn to swim—it's never too late.
- Only swim where there is lifeguard on duty.
- Never swim alone.
- Read and follow all rules and signs.
- Constantly watch children in and near the water. If multiple adults are in the vicinity, designate a “water watcher” so everyone knows who is “on duty.”
- Keep children who cannot swim within arm's reach of an adult in the water.
- Children and inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device (PFD) when around the water.
- Stop swimming at the first indication of bad weather.
- Enter water feet first unless in a designated diving area.

The Lincoln YMCA offers swim lessons year round, swim teams, water fitness, lifeguarding, snorkeling and all around fun!

Through YMCA outreach programs, YMCAs help people of all ages, especially children and families, learn basic swimming skills and water safety practices. New this year, the YMCA is collaborating with the Joshua Collingsworth Foundation to offer a “Float For Life” class designed to teach children 10 months to 4 years how to float and other survival techniques.

As the nation's oldest and largest community-based organization, YMCAs are among the country's most trusted providers of aquatics programs. The YMCA is the largest pool operator in the U.S. with more than 2,200 pools across the country.

The Lincoln YMCA opened its first outdoor pool on June 1 at the Cooper YMCA located at 6767 S 14th Street. In celebration of this new feature, anyone who joins any YMCA facility throughout the city by June 15th will have their joiner fee waved.

To learn more or sign up for the Lincoln YMCA's aquatics program, visit our website at www.ymcalincoln.org. and check out our programs at the YMCA facilities located throughout the city. Next swim lesson session will begin July 6th.

###