

For Immediate Release
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YMCA Branches Offering Free Water Safety Lessons For Parents & Kids Splash! Program Kicks-Off Summer Season

April 29, 2009 -- The YMCA of Greater Cincinnati wants children to have fun and play safely around water this summer. Local branches will be kicking-off the summer with Splash! free water safety lessons for kids ages 5 to 11 and their parents. Locations will hold their programs May 26 to May 29 of June 1 to June 4. A complete list is below.

“When it comes to summer fun, safety is a top priority at the YMCA. We know that the more exposure and awareness kids and their parents have to the inherent safety issues, the more likely they will be to use safe practices around water,” said Janine Winters, aquatic coordinator for the Powel Crosley Jr. YMCA and co-leader of the YMCA of Greater Cincinnati Aquatic Task Team.

Splash! lessons will focus on backyard and community pool, boating, and beach safety. They will be taught by YMCA certified aquatic instructors. Some of what the free sessions will offer will be information for parents on accident prevention, recognizing danger, and what to do if an accident should occur. Children will receive introductory swim lessons, getting them comfortable around water, and learn about playing safe around pools. They will also receive the same swim tests that the YMCA requires of its members that determines a safe water depth for children to swim.

With 14 membership branches and close to 40 pools, the YMCA of Greater Cincinnati serves more swimmers than any other private organization in the area and safety is a top priority at each pool. Each of its more than 1000 lifeguards employed throughout the year has completed 42 hours of CPR, first aid, and life saving skills training, and is YMCA certified. Prior to using a YMCA pool, young members and guests are required to receive a swim test to determine safe water depth.

Why be safe? According to the Center for Disease Control and Prevention, more than 3,300 unintentional drownings were recorded in the United States in 2004. For every child 14 years and younger who died, five received emergency department care for nonfatal submersion injuries.

To find out the nearest branch location offering Splash! lessons, the public can call 513-362-YMCA. (a branch listing is below) Reservations are requested for branch Splash! lessons.

About the YMCA of Greater Cincinnati

As the area's largest youth and family-focused not-for-profit, the YMCA reinforces character values through assets-based programs and services to more than 143,000 individuals, kids and families annually. Adult mentors encourage young people to be caring, responsible, respectful, and honest through sports, summer camps, structured child and afterschool care, and leadership building programs. Branches offer quality time for families, resources for parents, and a variety of opportunities for seniors to be active. The Membership for All sliding scale fee structure means everyone, no matter their ability to pay, can always benefit from the YMCA. Last year alone more than 17,400 families and individuals enjoyed healthier and happier lives because generous partners helped the YMCA in its vision to be accessible to all.

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A Few Examples of Playing Safe On the Beach

Only swim where there is a lifeguard
Swim with a buddy
Protect your skin
Be cautious of an undertoe

A Few Examples of Boating Safety

Always wear a U.S. Coast Guard approved life jacket
Know your basic survival skills in the case of an accident
Learn the basic help position
Protect your skin
Always let someone know when you are going out on a boat and when you expect to be back

A Few Examples of Backyard Pool Safety

Children shouldn't swim in a pool without adult supervision
Only dive into a pool that is a minimum of 9 feet deep
Protect your skin
Never stand or go under a pool cover
Get out of the pool immediately if you see lightning

A Few Examples of Community Pool Safety

Never swim without a lifeguard
Read the rules before getting in the pool
Know where the shallow end stops and the deep end starts
Do not drink the water

Note to Editors: For statistics on water related injuries, more information can be found here:
<http://www.cdc.gov/ncipc/factsheets/drown.htm>

Northern Kentucky

Splash! Branch	Date	Time	Phone
Campbell County YMCA 1437 S. Ft. Thomas Ave Ft. Thomas, KY 41075	May 26 to May 29	6:00-7:30 p	859-781-1814

