

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

May, 2010 -- 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 YMCA Splash! free water safety lessons for kids ages 6 to 12 and their parents. Locations will hold their programs between May 24 and June 11. 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 Ann Lofton, aquatic coordinator for the Gamble Nippert YMCA and YMCA of Greater Cincinnati co-chair for the Aquatics Task Team who is organizing YMCA Splash!.

YMCA 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 YMCA 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	June 7-11	6 to 6:30 p 6:30 to 7 p	859-781-1814
R.C. Durr YMCA 5874 Veterans Way Burlington, KY 41005	June 1-4	6:00 – 7:00 p	859-534-5700

NOTE: (classroom only) These are scheduled as 60 minute lessons ½ hr in the pool ½ hr in the classroom

OH Branches

Blue Ash YMCA 5000 YMCA Dr Cincinnati, Ohio 45242	June 1-4	5:30 to 6 p 6 to 6:30 p 6:30 to 7 p 7 to 7:30 p	513-791--5000
Carl H. Lindner YMCA 1425B Linn Street Cincinnati, Ohio 45214	June 7 - 11	5:30 to 6 p 6 to 6:30 p 6:30 to 7 p 7 to 7:30 p	513-241-9622
Clermont Family YMCA 2075 James E. Sauls Sr. Drive Batavia, Ohio 45103	May 24 to 28	6 to 6:45 p 6:50 to 7:35 p	513-724-9622
Gamble-Nippert YMCA 3159 Montana Ave Cincinnati, Ohio 45211	June 7 to 11	6 to 6:30 p 6:30 to 7 p 7 p to 7:30 p	513-661-1105
M.E. Lyons YMCA 8108 Clough Pike Cincinnati, Ohio 45244	June 1 to 4	6 to 6:30 p 6:30 to 7 p 7 to 7:30 p	513-474-1400
Powel Crosley YMCA 9601 Winton Rd Cincinnati, Ohio 45231	June 1 to 4	3:30 to 4 p 4 to 4:30 p 4:30 to 5 p	513-521-7112
R.E. Lindner 2039 Sherman Ave Cincinnati, Ohio 45212	June 8 to 10	5 to 6 p 6 to 7 p	513-731-0115