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YMCA says underwater breath holding is not a game

Updated: June 17, 2008 02:40 PM EDT

FORT WAYNE, Ind. (WANE) - David Blaine's recent world record in extreme underwater breath holding made headlines and newscasts around the world, just as peak swim season is set to begin.

YMCA aquatics experts across America are cautioning parents, lifeguards and swimmers to take seriously the dangers of underwater breath holding and keep a close eye on swimmers who may try to test their limits.

The YMCA of the USA of the USA Medical Advisory Committee warns of extreme danger of brain damage or death by drowning as a result of extended breath holding. Static apnea - motionless underwater or face down breath holding - is prohibited in YMCA pools because of extreme

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danger of a swimmer blacking out.

The YMCA of Greater Fort Wayne encourages parents and everyone around water activities this summer to watch for any signs of extended breath-holding practice or contests. Watch for swimmers face down or sitting underwater and talk to kids about the dangers of extended breath holding before water activities or trips to the pool.

The YMCA of Greater Fort Wayne offers various swimming lessons that range in ages 6 months to 13 years old. We also offer the option of private lessons. Call your local YMCA to find out more information or visit www.fwymca.org. Please help us make this a safe summer swim season!

The YMCA of Greater Fort Wayne's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body. Celebrating 150 years of service to the community, the YMCA of Greater Fort Wayne builds strong kids, strong families, strong communities. The YMCA of Greater Fort Wayne operates Camp Potawotami, the Central Branch YMCA, ChildCare Services, the Jorgensen Family YMCA, the Metropolitan Offices, the Old Fort YMCA, the Parkview Family YMCA, the Southeast Family YMCA, the Whitley County YMCA and the Youth Services Bureau

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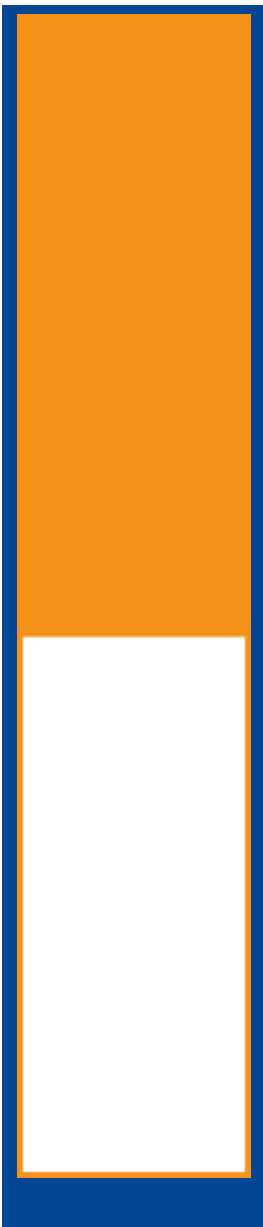


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