



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FOR IMMEDIATE RELEASE

Contact:

Laura Oberholtzer
YMCA of Greater Fort Wayne
260 918 2145
Laura_oberholtzer@fwymca.org

YMCA of Greater Fort Wayne Swim Programs Offer a Mix of Fun, Physical Activity and Safety

[Fort Wayne, IN May 5, 2014] – As swim season approaches, the YMCA of Greater Fort Wayne encourages children and parents in the Greater Fort Wayne area to explore the many benefits of swimming, while also keeping safety top of mind. In the Y's swim programs, participants can enjoy water sports, enhance or learn new techniques, meet new friends and develop confidence, while also learning safety skills that can save lives.

"Swimming is a fun and enjoyable activity for children and adults alike, and it's an easy way to stay physically active and improve strength, flexibility and stamina," said Liz Favazza, Aquatics Director at the Jorgensen Family YMCA. "The YMCA is committed to providing as many opportunities as possible for everyone to swim and learn water safety practices."

As part of National Water Safety Month in May, the YMCA of Greater Fort Wayne encourages parents to take an active role in their child's safety. Following are safety tips to practice when in and around the water:

- Only swim when and where there is a lifeguard on duty; never swim alone.
- Adults should constantly and actively watch their children.
- Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.
- Parents or guardians of young children should be within an arm's reach.
- Children and adults should not engage in breath holding activities.

In addition to learning lifesaving water safety skills, children can increase their physical activity by swimming. Swimming also motivates children to strive for self-improvement, teaches goal orientation, and cultivates a positive mental attitude and high self-esteem. It also teaches life lessons of sport and sportsmanship, so that children can learn how to work well with teammates and coaches and how to deal with winning and losing.

As a leading nonprofit committed to youth development, the Y has been a leader in providing swim lessons and water safety for more than 150 years. The YMCA of Greater Fort Wayne continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. There are a variety of programs to choose from, including family swim, competitive swimming and diving teams. To ensure that everyone has an opportunity to participate, financial assistance is available to those in need to help cover the costs.

To learn more about the YMCA of Greater Fort Wayne's swim programs, please visit our website at fwymca.org.

###

About the YMCA of Greater Fort Wayne

The YMCA has long been committed to strengthening the greater Fort Wayne community through youth development, healthy living and social responsibility. The YMCA of Greater Fort Wayne serves more than 73,000 people across Allen, Wells, Whitley and LaGrange counties through six membership facilities, as well as two program branches and YMCA Camp Potawatami. The mission of the Y is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Visit fwymca.org or join us on Facebook.