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YMCA of Greater Fort Wayne Swim Programs Teach Confidence and Safety

Fort Wayne, IN, June 2, 2015 – As swim season approaches, the YMCA of Greater Fort Wayne reminds kids and adults about the importance of practicing safety when in and around the water. The Y offers a variety of swim programs throughout Allen, Whitley and Wells counties where swimmers can have fun while developing confidence, engaging in physical activity and learning safety skills that can save lives.

“The YMCA of Greater Fort Wayne is committed to providing as many opportunities as possible for everyone to learn basic swimming lessons and water safety practices,” said Liz Favazza, Aquatics Director, Jorgensen Family YMCA. “We encourage kids and adults to have fun when in and around the water, but to always make safety their first priority.”

The YMCA of Greater Fort Wayne recommends kids and adults practice the following safety tips 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 children in and near the water. If multiple adults are in the vicinity, designate a “water watcher” so everyone knows who is on duty.
- Inexperienced swimmers should wear a Coast Guard-approved life jacket when in, on or around the water.
- Parents or guardians of children who are non-swimmers or beginning level swimmers should be in the water and within arm’s reach of their child.
- Children and adults should not engage in breath holding activities in the water.

As a leading nonprofit committed to healthy living, the Y has been a leader in providing swim lessons and promoting water safety for more than 155 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, including group swim lessons, one-on-one instruction, competitive swim teams, and US Masters swimming. To ensure that everyone has an opportunity to participate, financial assistance is available to those who need help to cover the costs.

To learn more about the YMCA of Greater Fort Wayne’s swim programs, please contact your local branch or email HereForYou@fwymca.org.

About the YMCA of Greater Fort Wayne

The YMCA of Greater Fort Wayne 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 67,500 people across Allen, Wells and Whitley counties through six membership facilities, as well as two service branches and YMCA Camp Potawatomi. To learn more about the YMCA of Greater Fort Wayne and how you and your family can get involved, please visit us at fwymca.org or join us on our Facebook page.