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Central Connecticut Coast YMCA Teaches Water Safety during SPLASH WEEK!

[New Haven, CT, June 3, 2014] As swim season approaches, the Central Connecticut Coast YMCA encourages children and parents to explore the many benefits of playing in and around the water, while also keeping safety top of mind. In the Y's swim programs, participants can enjoy water sports, learn safety skills that can save lives, enhance or learn new techniques, meet new friends and develop confidence.

As a leading nonprofit committed to youth development, the Y has been a leader in providing water safety and swim lessons. The Y continues to help youth and adults experience the joy and benefits of the water, so that they can be healthy, confident and secure near or around pools, lakes, the beach and when boating.

In a major, strategic effort to ensure the safety of kids and families in and around the water, all branches of the Central Connecticut Coast YMCA are offering a free, community-wide program called, SPLASH, starting on Monday, June 16, 2014.

SPLASH is a fun, five day, program teaching water safety skills in five aquatic situations: public pools, backyard pools, boats, beaches and water parks. Knowing how to be safe in and around water helps kids feel proud and confident. They will use that knowledge for the rest of their lives.

SPLASH is free with pre-registration for all children, preschool and up. Program runs Monday – Friday, June 16 – June 20, 2014. All classes are thirty minutes per day.

Register for SPLASH at a Y branch near you!

Branford Area:

Soundview Family YMCA, 628 East Main Street, Branford CT 06405 P 203 481 9622

W soundviewymca.org

Bridgeport Area:

Bridgeport YMCA, 850 Park Avenue, Bridgeport CT 06604 P 203 334 5551 W bridgeportymca.org

Ralphola Taylor Community Center YMCA, 790 Central Avenue, Bridgeport CT 06607 P 203 576 7430 W rtccymca.org

Fairfield Area:

Fairfield YMCA, 841 Old Post Road, Fairfield CT 06824 P 203 255 2834 W fairfieldy.org

Hamden/North Haven Area:

Hamden/North Haven YMCA, 1605 Sherman Avenue, Hamden CT 06514 P 203 248 6361 W hnhymca.org

Milford Area:

Woodruff Family YMCA, 631 Orange Avenue, Milford CT 06461 P 203 878 6501 W woodruffymca.org

New Haven Area:

New Haven YMCA Youth Center, 50 Howe Street, New Haven CT 06511 P 203 776 9622 W cccymca.org

Stratford Area:

Stratford YMCA, 3045 Main Street, Stratford CT 06614 P 203 375 5844 W stratfordymca.org

Trumbull/Monroe Area:

Lakewood-Trumbull YMCA, 20 Trefoil Drive, Trumbull CT 06611 P 203 445 9633
W lakewoodtrumbullymca.org

Valley Area:

Valley YMCA, 12 State Street, Ansonia CT 06401 P 203 736 9622 W valleyy.org

To learn more about the Central Connecticut Coast YMCA SPLASH program, other water safety programs and swim lessons, visit cccymca.org.

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About Us: The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2013, the CCC YMCA served 87,000 kids, families and adults in twenty-five towns and cities. Approximately 32,000 youth participated in child care, youth sports, summer camping and Youth in Government programs. 7,441 children took advantage of the Y's instructional swimming lessons and water safety education programs; 46,304 youth and adults participated in health, wellness, education, physical activity and diabetes prevention programs and services. With a team of social workers and an inventory of 415 apartments, the Y continued to serve as the largest provider of affordable and supportive housing in the state. The CCC YMCA also provided \$2.8 million in direct financial assistance to approximately 5,691 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven with eleven Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccymca.org **P** 203 777 9622