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The Central Connecticut Coast YMCA Helps Kids Be Safe Around Water

The Central Connecticut Coast YMCA is announcing the week of May 20 – 26, 2012 as the Central Connecticut Coast YMCA Water Safety Education Week.

(New Haven, CT May 7, 2012) As Memorial Day approaches and summer starts, families and children will be having more fun outside. To help keep kids safe around the water, the Central Connecticut Coast YMCA branches anticipate teaching over 1,200 about water safety during the week of May 20-26, 2012.

The Central Connecticut Coast YMCA water safety education program, *SPLASH*, is designed to help children learn about basic water safety and swimming skills that can help prevent accidents in pools, at the beach, while boating or around other water environments.

CCC YMCA certified swim instructors and lifeguards will be working with local children from preschool to middle school to teach basic swimming skills and practice safety habits while in and around the water. The results will be seen in a sense of accomplishment and increased self-confidence and security while near the water. Families become involved and have fun when they participate in the auxiliary safety activities at home. This is interactive program, also, builds relationships, fosters positive interaction and active listening.

The Y encourages kids and adults to have fun when in and around the water, but to always make safety their first priority. The Central Connecticut Coast YMCA recommends the following water safety tips for children and adults:

- Only swim when and where there is lifeguard on duty; never swim alone.
- Adults should constantly 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 take precaution and wear a U.S. Coast Guard-approved personal floatation device (PFD) when in, on or around the water.
- Children who are beginners should stay within arm's reach of an adult in the water.

At the Central Connecticut Coast YMCA branches, aquatic programs for children and adults include water safety programs, swim lessons, family swim, competitive teams and lifeguard training. 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 Central

Connecticut Coast YMCA water safety and swim programs by calling 203 777 9622 or visiting www.cccymca.org.

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 2011, the CCC YMCA served 3,000 families daily in child care programs; 10,000 kids participated in youth sports programs; 15,500 children took advantage of the Y's instructional swimming lessons; 4,693 kids attended one of our day camps, 776 youth experienced the magic of resident camp; and 1,685 people were served through one of our housing programs. The CCC YMCA also provided \$3.37 million in direct financial assistance to more than 6,000 children, individuals and families. The Central Connecticut Coast YMCA is based in downtown New Haven with eleven YMCA 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

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