



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time to “Waterproof” Your Kids through the Greater Naples YMCA’s Swim Lessons

Lessons offer a mix of fun, physical activity and safety to create a lifelong love of swimming

Naples, Florida-May 17, 2018— As the season turns from spring to summer, the Greater Naples YMCA encourages children and parents in Naples to explore the many benefits of swimming, while also keeping safety top of mind. In Y swim lessons, participants can enhance or learn new techniques, meet new friends and develop confidence, while also learning safety skills that can save lives.

“It’s never too early to get children involved in swimming—it’s important for safety reasons, but also a great way to keep children active and healthy,” said Melissa Wilson, YMCA Aquatics Coordinator. “There are so many options for parents, but the best place to start is by learning basic water safety skills that helps get kids familiar with the water that often continues with swim lessons and competitive swim lessons and can even lead to a career.”

As part of National Water Safety Month in May, the Y encourages parents to take an active role in fostering a relationship between their children and swimming—beginning with water 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, swimming is a great way to increase physical activity. 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 a 100 years. The Greater Naples YMCA 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 lessons to choose, including Swim starters program, swim basics for preschool children, swim strokes for preschool and school age children and Private swim lessons for all ages. 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 Y’s swim lessons, please contact Melissa Wilson at 239.963.3762 or visit www.greaternaplesymca.org/swimming.html.

###

About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 22 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.