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Hale Family YMCA Reminds Kids and Adults to Practice Water Safety: FREE Water Safety Workshop for adults

Summertime means pool time for many kids and adults, as they venture to their favorite spots to swim, play and create lasting memories. Whether it's the pool, beach, water park or lakefront the Hale YMCA reminds the families of Eastern Connecticut to keep safety first that when in or around the water. With this in mind, the Y offers swim programs that teach water safety skills and give kids and adults the chance to explore the many health benefits of swimming.

As part of its continued effort to keep kids and families safe in and near the water, the **Hale Family YMCA is offering free Water Safety Workshops for adults.** Sessions will be held on July 30 from 10 to 11:30 a.m. and on August 3 from 6 to 7:30 p.m. Free childcare will be available.

"It's important to make sure children and adults are confident in the water to ensure they have a fun and safe experience," said Aquatics Director Colleen Logan. "The Y encourages all kids and adults to learn how to swim. It's never too late. Basic swimming skills and water safety practices save lives every day."

Swim lessons are offered at the Hale Family YMCA Youth and Family Center for members and the community at large. Enrollment is still available in the current session ending August 21; the next session begins September 12.

When in and around water, the YMCA recommends the following safety precautions 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.

As a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility, the Y works to ensure everyone has an opportunity to learn, grow and thrive. This philosophy drives the Hale Family YMCA's commitment to help children and adults experience the joy and benefits of swimming.

To learn more about the Hale Family YMCA's swim programs, please contact Colleen Logan at colleen.logan@ghymca.org.

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The YMCA of Greater Hartford

The Hale YMCA Youth and Family Center is a branch of the YMCA of Greater Hartford.

The YMCA of Greater Hartford is a non-profit 501 (c) (3) charitable organization established in 1852 and is one of the nation's oldest YMCA's. The YMCA of Greater Hartford builds strong communities by helping individuals reach their fullest potential through transformative programs that promote Youth Development, Healthy Living and Social Responsibility. We help people reach their fullest potential by: putting a caring adult in the presence of every child; being good stewards of the resources entrusted to us; and working in partnership to eliminate the disparities in health and education. In 2015 the YMCA of Greater Hartford served more than 118,000 people, including 66,000 children, in 52 towns and cities throughout the Hartford, Litchfield, Tolland and Windham counties. YMCA programs put the values of caring, honesty, respect and responsibility into practice to build healthy spirit, mind and body for all participants. Ghymca.org