



## FOR IMMEDIATE RELEASE

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### **Davie Family YMCA Teaches Confidence and Safety in the Water, Offers Free Water Safety Classes**

**MOCKSVILLE, NC – June 11, 2009** – This summer, as millions of families head to the beach, lake, pool or water park for fun in the sun, the YMCA reminds Mocksville residents of the importance of safety while in the water.

"Swimming has always been part of the YMCA. It's a great way for families to spend time together and improve their health and wellness," says Lindsay Pegg, Wellness and Aquatics Director at the Davie Family YMCA. "It's all about safety, though. Our advice to all adults and children is to learn how to swim and to understand the importance of being safe while in the water. It's never too late."

The YMCA has been recognized as the nation's leading source of swim instruction, teaching safety and confidence in the water. The following tips will help keep children and families safe in the water this summer:

- Only swim where there is lifeguard on duty.
- Never swim alone.
- Read and follow all rules and signs.
- 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."
- Keep children who cannot swim within arm's reach of an adult in the water.
- Children and inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device (PFD) when around the water.
- Stop swimming at the first indication of bad weather.
- Enter water feet first unless in a designated diving area.
- It's never too early or late to learn about water safety!

The Davie Family YMCA teaches swimming and water safety through group and private lessons for people of every age. The YMCA also offers family swim lessons where the entire family can learn at the same time.

The Davie Family YMCA is also hosting two free water safety sessions as part of its "Topic Tuesdays" program. The sessions are free and open to the public. **"Water Safety Clinic" will be held June 16 at 5:30 p.m.** Attendees will learn safety tips needed when families are at the pool in this fun clinic taught by Lindsay Pegg and Aileen Visser. **"Summer Sun and Boating Safety" will be held on July 14 at 5:30 p.m.** Lindsay and Aileen will walk attendees through sun and boating safety to ensure families have a safe time on the lake.

To learn more or sign up for the YMCA's aquatics programs, contact Lindsay Pegg at [l.pegg@ymcanwnc.org](mailto:l.pegg@ymcanwnc.org) or Aileen Visser, Aquatics Coordinator, at [a.visser@ymcanwnc.org](mailto:a.visser@ymcanwnc.org). Or visit <http://davie.ymcanwnc.org> for more information. Guests for the free water safety sessions are asked to pre-register at the YMCA or by calling (336) 751-9622. The Davie Family YMCA is located at 215 Cemetery Street in Mocksville.

### **About YMCA of Northwest North Carolina**

When the first YMCA was established in 1844 in London, England, its mission was to promote positive Christian values as well as healthy behaviors and activities. Today, the YMCA movement has spread to more than 130 countries around the world, supporting and influencing the lives of millions of men, women and children of all backgrounds. The YMCA of Northwest North

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Carolina association, a United Way agency, has been serving Winston-Salem and the surrounding areas since 1888. We have created a tradition of enhancing the lives of people in our community through an ever-growing list of programs and opportunities. We're proud to serve the people of Northwest North Carolina by helping to build strong kids, strong families and strong communities. Our association currently serves more than 51,000 YMCA members and more than 100,000 people with our memberships and programs. The YMCA of Northwest North Carolina has adopted Healthy Community 2015 initiatives to prepare youth and teens to succeed, strengthen and support families, develop caring communities and adopt healthy living habits. The YMCA offers financial assistance for memberships and programs through the Open Doors Program. Learn more about the YMCA of Northwest North Carolina at <http://www.ymcanwnc.org>.

For more information on the YMCA of Northwest North Carolina and its many branches and services, visit <http://www.ymcanwnc.org> or contact Amy McNeil, Director of Communications, at [a.mcneil@ymcanwnc.org](mailto:a.mcneil@ymcanwnc.org) or 336-777-6252.

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