



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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FOR IMMEDIATE RELEASE

**YMCA Programs Support National Water Safety Month**

**Northbrook, IL:** With summer right around the corner, safety around swimming pools, lakes and other bodies of water should be a top priority for all families. Shockingly, drowning is the most common cause of death for children ages one to four, and the second most common cause of accidental death for ages five to 14. To reduce the frequency of these needless tragedies, the North Suburban YMCA is joining with other organizations and government agencies to promote education during National Water Safety Month in May.

Across the country, local YMCAs are the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming. The Y introduced the concept of group swim lessons more than 100 years ago, and each year the Y teaches more than a million children invaluable water safety and swimming skills. Thanks to its size and reach – including over 2,000 Y-managed pools -- the Y is in a unique position to help bridge the gap in the delivery of swim lessons and water safety education in the U.S., especially in underserved communities.

In keeping with this national Y legacy, the North Suburban YMCA has been a community leader for swim instruction since its opening in 1968. Now celebrating its 50<sup>th</sup> anniversary, the NSYMCA has expanded its comprehensive aquatics program with a proactive water safety initiative targeting children in second grade. The new *Two Seconds Too Long Swim Safety initiative* provides water readiness evaluations for second-graders, as well as free instruction for children who do not meet minimum safety standards. The program started with a beta test site with Eugene Field Elementary in Wheeling, Illinois, and will be rolled out to several other Wheeling and Northbrook schools.

“If children know how to stay safe in and around water, swimming can be a lifelong source of fun and exercise,” notes Missy Contri, NSYMCA Aquatics Director. “We’re excited to bring this important water safety program to the community as one of our 50<sup>th</sup> Anniversary initiatives, since swim lessons have been a central part of our Y’s mission since its earliest days. We hope this program will bridge cultural and access gaps to enable all children to learn these important water safety skills.”

In addition to its new water safety program, the NSYMCA offers groups and private swim lessons for all ages and abilities, recreational swimming, and competitive swim teams including a Special Olympics team. For detailed information about NSYMCA aquatics programs, visit [NSYMCA.org](https://www.nsymca.org).

**About the [North Suburban YMCA](https://www.nsymca.org)**

Celebrating its 50<sup>th</sup> Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](https://www.nsymca.org).



*Photo Caption: North Suburban YMCA Aquatics Director Missy Contri, right, evaluates children for water safety skills as part of the Y's new Two Seconds Too Long Water Safety Initiative.*