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**NORTH SUBURBAN  
YMCA**  
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**FOR IMMEDIATE RELEASE**

***Swimmers for Life Donates \$11,000 to the North Suburban YMCA's  
Swim Safety Programs***

*Non-Profit helps promote drowning prevention*

**Northbrook, IL: December 2022**– Swimmers for Life, a non-profit group, raised \$11,000 in support of the NSYMCA's swim programs and its 2 Seconds 2 Long initiative, which teaches young children about drowning prevention. Swimmers for Life was created by a group of dedicated young adults from the 2014 Deerfield High School swim team to educate others on the importance of swim safety. The Y's 2 Seconds 2 Long initiative has been on hiatus due to the pandemic and is scheduled to begin again in 2023. Programs like 2 Seconds 2 Long help make swim safety and lessons accessible for children whose families who otherwise could not afford them.

"The timing of this donation is perfect because it will help us relaunch our 2 second, 2 long program," stated Kim Nyren, Director of Community Investment at the NSYMCA. "This important initiative includes visiting elementary schools in our 15 service areas with a swim safety assembly and swim tests for children ages 7 and up at no cost. This program has already saved many lives over the years and we are very proud of it."

The donation continues a partnership between the Y and the group who launched Swimmers for Life while still in high school to promote water safety for children. The Swimmers for Life founders, 25-year-old Lauren Kurzydlo and 24-year-old Grace Frankel were inspired to create Swimmers for Life when they were teammates at Deerfield High School. They share a lifelong love of swimming and feel that all children should have the opportunity to enjoy the water safely. Stunned by statistics that show accidental drowning to be the second leading

cause of death among children, the swimmers decided to work with the NYMCA to support swim lesson scholarships and the “2 Seconds 2 Long” program.

The current Swimmers for Life team includes 22-year-old Lily Kurzydlo; 20-year-old Anna Kurzydlo; 21-year-old Jane Frankel; 21-year-old Arthur Frankel; and 17-year-old Zuzanna Janusz; along with founders Lauren Kurzydlo and Grace Frankel.

“Our mission at Swimmers for Life is to provide swim lessons for children without the financial means to do so on their own, and to share water safety around our community,” said Lily Kurzydlo, a recent graduate from Northwestern University. “We have been working with the North Suburban YMCA for over 8 years and are grateful to work with people who are passionate about water safety, swim lessons, and giving back to our community.”

The latest Swimmers for Life donation will enable more children to participate in the 2 Seconds 2 Long program, help fund swim lessons for those children unable to pay, and provide assistance for the YMCA’s Flying Turtles Swim Team for youth with special needs. The group connected with their community for donations through a Gofundme page, community outreach, and establishing relationships with other non-profits who believes in the mission of water safety awareness.

“I set up a table in front of the Jewel-Osco near my house that had the Swimmers for Life information and bracelets, and spent time talking to people about our mission, selling bracelets, and accepting donations,” said Zuzanna Janusz , a senior at Loyola Academy.

“We are so grateful for the generous donation made by Swimmers for Life. Their safety mission of preventing childhood drownings help provide life-changing experiences for those who would otherwise be at risk,” stated Kathy Fielding, CEO of the North Suburban YMCA. “Young adults like them who are passionate about a certain cause strengthens our Y in ways that you can’t even imagine and we are proud to have them as our supporters.”

For more information about the North Suburban YMCA and its Aquatics Programs, visit [nsymca.org](http://nsymca.org).

### **About the [North Suburban YMCA](#)**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents 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](http://NSYMCA.org).

**PHOTO CAPTION:**



**Caption (Above)** The North Suburban YMCA has received an \$11,000 donation from the Swimmers for Life non-profit group to help support the Y's swim programs. Shown here are Kathy Fielding, NSYMCA CEO, Anna Kurzydlo; Lily Kurzydlo; Jane Frankel; Lauren Kurzydlo; and Kim Nyren, NSYMCA Director of Community Investments.