



**For Immediate Release**  
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## **YMCA of Southern Nevada Offers Water Safety Tips, Fun Ways to Cool Off**

**Las Vegas** – With summer fast approaching, aquatics experts at the YMCA of Southern Nevada encourage families to practice water safety in and around pools, water parks and beaches. Long recognized as “the nation’s swim instructor,” the YMCA is among the country’s most trusted providers of aquatics programs, and offers these tips to keep water lovers of every age safe this summer.

1. Learn to swim. It’s never too late and the best thing you can do to stay safe in and around water.
2. Take water safety seriously and serve as a role model for youth.
3. Only swim where there is a lifeguard on duty; never swim alone.
4. Constantly watch children in and near water. If multiple adults are present, designate a “water watcher” so everyone knows who is on duty.
5. Inexperienced swimmers should wear a U.S. Coast Guard-approved personal floatation device (PFD) in, on or around water. Beginner children should swim within arm’s reach of an adult.

All three YMCA locations offer affordable swim lessons for every age. Indoor and outdoor sessions are scheduled throughout the summer. Private lessons are also available. In addition, several YMCA Splash events – a one-day program of free swimming and water instruction open to the public – are planned.

“Safety is our top priority, and we’re committed to providing affordable and free opportunities so everyone can learn swimming and water safety skills,” said Mike Lubbe, YMCA of Southern Nevada president and CEO. “Swimming skills last a lifetime. Water safety practices save lives every day. We hope families combine the two so the hot months ahead can be fun and free of tragedy.”

The YMCA’s three water parks open to the public at noon on Saturday, May 29. The daily cost without YMCA membership is \$4 per person. Community members can choose to purchase a YMCA Sizzlin’ Summer pass, which includes unlimited access to the water parks, complete with flume slides, sparkling pools and aqua play zones. The pass comes with YMCA member benefits, including access to wellness centers and dozens of classes. The cost is \$99 for an individual, \$199 for a family.

Sizzlin’ Summer passes, good for four months from the purchase date, are on sale through August at the Bill & Lillie Heinrich YMCA, 4141 Meadows Lane; The City of Las Vegas Durango Hills Community Center YMCA, 3521 N. Durango Drive and The City of Las Vegas Centennial Hills Community Center YMCA, 6601 N. Buffalo Drive.

For more information about swim lessons and free water safety events, visit [www.lasvegasymca.org](http://www.lasvegasymca.org).

### **About the YMCA of Southern Nevada**

The YMCA of Southern Nevada has been setting the pace for family wellness since 1944. A nonprofit organization led by a volunteer board of directors, the YMCA is dedicated to building strong kids, strong families and strong communities through aquatic, health and fitness, youth and family, and sports programs for individuals of every age and fitness level. Three YMCAs are located throughout Southern Nevada: Bill & Lillie Heinrich YMCA, 4141 Meadows Lane; the City of Las Vegas Durango Hills Community Center, Operated by the YMCA, 3521 N. Durango Drive and the City of Las Vegas Centennial Hills Community Center, Operated by the YMCA, 6601 N. Buffalo Drive. No one is turned away because of an inability to pay. For information, call (702) 877-9622 or visit [www.lasvegasymca.org](http://www.lasvegasymca.org).

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