



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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“Splish Splash” Program at the Y Offers Free Swim Lessons to At-Risk Youth

VIRGINIA BEACH, MAY 25 – Having confidence in the water is crucial in a community near the water like Hampton Roads. The YMCA of South Hampton Roads will offer eight 30-minute swim lesson classes to at-risk youth from several elementary schools in Virginia Beach. The swim lessons are being offered, as a pilot program, to participants in 6 of the 14 elementary schools we serve as part of the YMCA Early Discoveries program. Certified lifeguards are on duty at all times. Dates, times and locations are listed below.

Program Dates:

1st Session: May 23-27

2nd Session: June 6-10

YMCA family center locations, school-sites they will serve and swim lesson times:

Hilltop Family YMCA: Alanton and Birdneck Elementary schools will swim from 12-12:30pm

Indian River Family YMCA: College Park will swim at 12pm and Salem Elementary will swim at 12:30pm

Mt. Trashmore Family YMCA: Holland and Lynnhaven Elementary schools will swim from 11:30am-12pm

The Y has been teaching youth and adults about safety in and around the water for over a hundred years. A pioneer in the promotion of swimming as a healthy activity and learning to swim as a key to water safety, the Y has helped tens of millions of people around the world to swim.

The program is funded through the YMCA of South Hampton Roads' annual giving campaign, *We Build People*. Participants are considered 'at-risk' based on a total household income of less than \$16,000 a year for the family. For more information about this program please contact Amber Giancola, Executive Director at the Mt. Trashmore Family YMCA, at 757 456 9622 or agiancola@ymcashr.org.

ABOUT THE YMCA OF SOUTH HAMPTON ROADS

The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 205,000 children and families each year. More than 23% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA's doors are open to people of all ages, backgrounds, abilities and incomes.

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