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YWCA Tulsa Stresses Water Safety for All Ages This Summer
Swim lessons for kids and adults available at two Tulsa centers

Tulsa, Okla. – As summer officially begins June 20 and Tulsans make plans to visit area parks and pools for the July 4 holiday, the YWCA of Tulsa is stressing the importance of water safety for people of all ages to help prevent water-related injuries and drownings.

According to the Centers for Disease Control (CDC), more than 100 people are hospitalized or die in Oklahoma each year from submersion injuries. About 60 percent of water-related injuries and deaths occur at natural water settings such as lakes or rivers.

Men, children and minorities are the three groups most at risk, according to the CDC. Contributing factors include a combination of social and cultural issues as well as lack of access to swimming facilities and lessons.

“Learning basic swim skills is key to preventing injuries and deaths while in and around the water,” said Katie Gill, aquatics manager at YWCA Tulsa, which offers swim lessons for local children and adults year-round with American Red Cross-certified instructors.

Group classes for children are available in two-week sessions at the Patti Johnson Wilson Center, 1910 S. Lewis Ave., and four-week sessions at the Multicultural Center, 8145 E. 17th St. Cost is \$45 for YWCA members and \$75 for non-members.

More than one in four drowning victims are children 14 and younger, according to the CDC. Beginning at age 3, YWCA Tulsa offers three levels of instruction catered to each child’s swimming experience:

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- Level 1: Students learn basic water skills, including opening their eyes under water, picking up submerged objects and floating on their front and back.
- Level 2: Students learn fundamental skills such as entering the water by stepping or jumping from the edge, swimming on their sides and rolling over in the water.
- Level 3: Students gain more practice at skills learned in the previous two levels and begin to jump into deep water. They also learn proper kicking and arm techniques.

Private swim lessons for adults are also offered at YWCA Tulsa by appointment. Similar to personal training sessions, these lessons pair a certified instructor with one adult to provide individualized help at various levels. Cost is \$25 per session or \$160 for eight sessions.

Semi-private lessons for groups of two to three adults are also available at a per-person price of \$20 per session or \$120 for eight sessions.

“Our adult students range from those who don’t know how to swim to those who want to learn new strokes or how to swim for exercise,” Gill explained. “Learning how to swim properly not only saves lives, it’s a low-impact fitness activity that can keep a person’s muscles working at an optimum level throughout his or her life.”

For more information on summer swim lessons and schedules at YWCA Tulsa, call (918) 587-2100 or visit www.ywcatulsa.org

About YWCA Tulsa

For more than 90 years, the YWCA of Tulsa has worked to empower and unite women of all ages through a variety of programs such as: counseling and career services, fitness programs, top quality Early Learning Centers, senior programs, refugee and immigrant support, English as a Second Language courses, citizenship classes and more. For more information about YWCA Tulsa, visit www.ywcatulsa.org.