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[Looking ahead to swimming, information from the YMCA of Greater Oklahoma City](#)

Posted by [Bryan Painter](#)
on **March 30, 2010M** at **9:41 am**

Summertime means water time for many families. Millions of people will venture to their favorite spots to swim, play and create lasting memories. The most important part of these excursions is safety. Whether it's the pool, beach, water park or lakefront the YMCA of Greater Oklahoma City reminds the community that when in or around the water, it's safety first.

"Water safety should be a primary concern when engaging in activities in or around the water," said Terri Johnson, Director of Aquatics for the YMCA of Greater Oklahoma City. "The Y's advice to all adults and children is it's never too late to learn how to swim."

The Y teaches safety and confidence in the water through a variety of fun programs including swimming lessons, water fitness and lifeguard training.

To help keep children and families safe in the water this summer, the Y recommends the following safety tips:

- Learn to swim and learn the importance of water safety. The best thing you can do to stay safe in and around the water is to learn to swim — it's never too late.
- Only swim where there is lifeguard on duty; never swim alone.
- Adults should constantly watch children in and near the water. If multiple adults are in the vicinity, designate a "water watcher" so everyone knows who is "on duty."
- Inexperienced swimmers should take precaution and wear a U.S. Coast Guard-approved personal floatation device (PFD) when in, on or around the water. Children who are beginners should swim within arm's reach of an adult.

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