



**American
Red Cross**

of Lee County

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Red Cross stresses water safety training for all ages *Updated programs incorporate latest techniques and biomechanics*

FORT MYERS, April 2 – The American Red Cross of Lee County is pleased to announce the release of a newly revised and improved Swimming and Water Safety program that provides an increased emphasis in the areas of drowning prevention and water safety. From Learn to Swim to Lifeguard Training, the Red Cross offers a variety of water safety training courses.

Our updated courses include the latest techniques and biomechanics from USA Diving and USA Swimming. There is also new information to help instructors incorporate participants of varying ages and abilities into swim classes, including those with disabilities and other health conditions.

That's why the Lee County Red Cross is encouraging everyone, especially those with children, to know how to swim – and swim well – and to be mindful of water safety.

For the residents of Lee County, we have a variety of important water safety tips that are never old news. Roughly 5,000 drowning and near drowning accidents are reported each year. Many of these accidents could have been prevented with proper water safety training and early swimming instruction.

Swimming – it's never too early to start or too late to learn! The Red Cross' Parent and Child Aquatics program starts at six months of age and continues to five years. This program gives children the opportunity to build confidence in their skills with the reassurance of their parents. Learn-to-Swim classes are for any age and include several stages for all skills levels.

The American Red Cross is the leader in water safety with over 90 years of instruction and training. Our water safety experts are the leaders in their field and available to assist you with content and technical support for any articles on these topics. In addition, we have a variety of Red Cross instructors and volunteers who can give very personable stories of how swim lessons and water safety has made a difference in a family's life.

Should you wish to schedule an interview with one of our many subject matter experts or need ideas on content for summer safety guides, feel free to contact Colin Downey at 278-3401 or at pr@arclcc.org. Our subject matter experts' assistance is a service available to all media.

To learn more about the variety of Red Cross water safety courses, visit the Lee County Red Cross website at arclcc.org. Here you'll find detailed information and links to our partners who facilitate Red Cross water safety training courses.



The Red Cross is dedicated to helping make families and communities safer at home and around the world. It provides training in life-saving skills and mobilizes relief to victims of disasters in addition to assisting members of the U.S. Armed Forces and their families. For additional information about the Red Cross and the assistance it provides, making donations, registering for a class or volunteering, call 278-3401, or log on to arclcc.org. The American Red Cross of Lee County is a proud member of the United Way of Lee County.