



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**North Suburban YMCA Certifies over 150 Lifeguards for the Summer Swim Season
*The Most Lifeguards Certified in One Season***

Northbrook, IL: June 2021 – To address the recent lifeguard shortage due to COVID-19 and to prepare for the summer swim season, the [North Suburban YMCA](#) took on the challenge to train and certify over 150 new lifeguards. Taught by Red Cross Lifeguard Instructors, the certification classes, held at the Y's indoor pool located at 2705 Techny Road in Northbrook, included 20 hours of classroom and in-water skills instruction. The newly certified lifeguards will be working throughout the North Shore's pools, beaches, and camps to ensure the safety of the community.

Through its swim lessons and water safety classes, the NSYMCA has been hyper-vigilant in its focus on drowning prevention. "The NSYMCA took on the lifeguard certification challenge to help everyone in the community stay safe around water," said Missy Contri, NSYMCA Aquatics Director. "Drowning is the second leading cause of death in children ages 1-14 years old, and 88% of those children that drown do so under the adult supervision where there are no lifeguards. Having more certified lifeguards in the community could help prevent those deaths."

The Y's signature program to prevent drowning deaths in children, "Two Seconds Too Long," teaches kids how to be safe around water and provides water readiness evaluations for second-graders, and free instruction for children who do not meet minimum safety standards.

The Y's indoor pool is home to its comprehensive aquatics program, with swim instruction, fitness classes, and lap swimming. The Y's highly trained swim teachers provide personalized instruction in private and group settings for individuals of all ages and ability levels. Along with many program offerings for individuals with cognitive or physical disabilities, the Y has an aquatics Special Services Swim Program for individuals ages three to adult, and a Special Olympics swim team.

For more information about the North Suburban YMCA aquatics program, visit nsymca.org or call 847-272-7250.



Caption: Taught by Red Cross Lifeguard Instructors, the North Suburban YMCA has certified over 150 lifeguards for the 2021 summer swim season.