

We Build Strong Kids,
Strong Families, Strong Communities.

YMCA Glendale



Your Family Place



Tips on Swimming Safety from your friends at the YMCA

1. 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.

2. Only swim where there is lifeguard on duty; never swim alone.



3. You might not feel sunburned when the water feels cool and refreshing, but the pain will catch up with you later — so remember to reapply sun screen frequently and cover up much of the time.

4. Keep up with fluids — particularly water — to prevent dehydration. Dizziness, feeling lightheaded, or nausea can be signs of dehydration and overheating.

5. Wear goggles, they are designed to protect your eyes from the water so as not to interfere with your speed and motion. The rubber that surrounds the goggles is meant to keep water away from the eyes.

