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FOR IMMEDIATE RELEASE

Graphic Attached: YMCA Safety Around Water

YMCA of the Black Hills Promotes Water Safety Tips and Hosts FREE Safety Around Water Event During Water Safety Month.

71% of the world is water, children are 100% curious. Be a Water-Ready Family.

RAPID CITY, MAY 1, 2026 – May is Water Safety Month and the Rapid City YMCA will be hosting a **FREE Safety Around Water event Saturday, May 9th from 11:30AM-1:00PM** at the Rapid City YMCA Family Pool. At the event families will learn essential basic swim, safety and survival skills. In preparation for this event, the Y is sharing five water safety tips all families should practice when they are in and around water:

It's essential to teach children how to be safe around water. When guardians use these same practices, they become great role models for children. There are five behaviors families can practice when they are in and around water:

- Don't swim alone. This is why the Y has lifeguards on duty. They're trained to monitor active swimmers and know how to reach quickly when something happens. Children especially should always be supervised when they are in the water.
- Don't play breath-holding games. While they seem fun, holding breath underwater can cause drowning and has several other risks, even passing out underwater.
- Don't jump in the water to save a friend. While this might be our first instinct, the Y recommends "reach, throw, don't go." This means you can help your friend without putting yourself at risk.
- Enter the water feet first. Diving head-first in shallow water – or when you don't know what you're doing – can be dangerous. Know how to get in and out of a pool and come prepared with life vests.
- Stay within designated swim areas. Regardless of if you're in a pool, ocean, or lake, designated areas are there for a reason. Teach children to stay within ropes, away from pool drains, and to be aware of signage.

The Safety Around Water event is free and open to all ages 3+. Children under 5 will need a parent in the water for open swim. Register in advance at: <https://shorturl.at/adZ07>

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About the YMCA of the Black Hills

Driven by its founding mission, the YMCA of the Black Hills has served as a leading nonprofit committed to strengthening community for more than 77 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at www.ymcabh.org