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Free swimming and water safety classes scheduled at Lake Lanier Olympic Park

GAINESVILLE - Lake Lanier Olympic Park Foundation, Swim Gainesville and Jackson EMC are excited to announce a series of swimming and water safety classes to be held at the beach at the Lake Lanier Olympic Park June 22, July 20 and August 17. The classes will be held from 8 to 10 a.m. and are free to attend. Preregistration is required.

Lake Lanier grants families affordable access to fun summer activities, but it can create a potential hazard if individuals do not possess the knowledge necessary for a safe day on the water.

"When we ask visitors to the park what programming they would like to see, swimming and water safety classes have been a consistent answer," said Robyn Lynch, Lake Lanier Olympic Park Executive Director. "We are excited to partner with Swim Gainesville and Jackson EMC to make this program free for the community."

The 5-step program will utilize experienced swim instructors to increase the knowledge base and basic safety skills of all participants based upon their assessed needs and level of ability and experience. Children and adults alike will progress through the water safety checklist by correctly performing the abilities necessary for each level.

By the end of the three sessions, the aim is for participants to have a better understanding of water safety and be able to perform the following water safety skills, depending on skill level.

- Objective 1: Be able to enter water above your head and recover for air
- Objective 2: Float or tread water for 1 minute
- Objective 3: Turn from front to back, back to front
- Objective 4: Swim at least 25 yards
- Objective 5: Exit the water without assistance

"Jackson EMC was founded on the belief that by working together, we can have a positive impact on the quality of life of Northeast Georgia," said David Lee, Jackson EMC Gainesville District Manager. "We believe this program will enable more members of our community to safely enjoy Lake Lanier, one of our region's great assets."

The program consists of three two-hour open water safety sessions at the lake, beginning at 8 a.m. on the third Saturday of the month, June through August. Sessions will be conducted by experienced swim instructors for both adults and children. All workshop sessions will include handouts and checklists to help participants integrate the information. Registration is required and available online at www.lakelanierolympicvenue.org.
