



For Immediate Release
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SAFE FAMILY SWIM EVENT JUNE 12

SPRINGFIELD – Families are invited to stop by the Nelson Center in Lincoln Park from 10 a.m. – 1 p.m. on Saturday, June 12 for a free event that will offer a variety of activities and lessons on water safety. St. John's Children's Hospital, the American Red Cross, Springfield Park District and the Illinois Department of Natural Resources are co-sponsoring the event.

Participants will have the opportunity to get in the pool and be tested on their swimming abilities by certified lifeguards. Parents can then register their children for Park District swim lessons based on their skill level.

Water safety demonstrations will include how cold water affects motor skills, how to properly rescue someone in distress, and how to properly use a life jacket. Boat safety demonstrations will also be offered.

The event is designed for children ages 2 -12. Free ice cream and giveaways will be provided. Participants are encouraged to wear swim suits. The Nelson Center wading pool will be open for toddlers.

For more information, call the Nelson Center at (217) 753-2800.

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