

FUN & SAFETY AROUND OPEN WATER

Lakes, beaches, and rivers are popular destinations for all of us during the Spring and the summer seasons. It's the best way to have some fun and remain cool as temperatures rise. Consider the 10 open-water safety tips below to keep yourself, your friends, and family safe while enjoying the beauty and fun of natural open water activities:

- It's never too late to learn to swim! The first thing needed to prevent drowning incidents when in open water is learning how to swim, which has proven to be a lifesaving skill that can reduce the chances of drowning by 88%.
- Swim in a designated swimming area - Most state parks, beaches, and lakefront areas have designated times when swimming is allowed and use flags to indicate borders in which people can swim. Never swim outside those defined areas.
- When in doubt, get out! - Don't hesitate to get out of the water if something doesn't feel right. Whether it's that the current is getting rough, rain has started to fall, or your body is just not responding like you would like it to due to fatigue or muscle cramps, then just leave and return to the water another day.
- Know the weather and water conditions - Check the water temperature and weather conditions before hitting the water. If the water temperature is low, don't stay too long in the water. Bear in mind it's not safe to swim in the rain, particularly if there is thunder and lightning. If the weather changes, don't hesitate to swim back to shore.
- Never swim alone - When you head out into the open water, go with a "swim buddy," someone who's looking out for you and who you're looking out for in turn. Remember, the lifeguard isn't your "swim buddy"; they have lots of people to track when on duty.
- Choose the right equipment - It's very important always to choose the right equipment for your open water activity:

wetsuits if the water is cold, goggles if swimming, and so on. Please note that if water temperatures are over 75-80 degrees, a wetsuit might not be a good idea. Using one for extended periods could cause heat exhaustion.

- Understand currents - Uncontrollables are all part of experiencing rivers and open bodies of water. Rip tides, other currents, and waves can all sweep you away from your swimming route. By choosing a static “beacon” on your boat or at the shore you’ll be able to determine if you are being swept away or not. If you do get caught in a riptide, don’t panic. Try to remain calm and swim parallel to shore to get out of it.
- No alcohol - Alcohol affects your perception of danger, making you more likely to take unnecessary risks. Alcohol also impairs your balance and coordination – all essential for swimming and boating and avoiding hazards in the water.
- Wear a US Coast Guard Approved life vest - Young children, weak swimmers, and everybody should wear life jackets whenever they are in, on, or around the water, even at a pool or a waterpark.
- Have a plan for emergencies - Always have a plan to handle and face emergencies whenever you go out to the water with a swim buddy or alone. Tell someone else where you are going. Having someone watching from the shore, ready to take action should you need help, is wise.

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FOREVERWELL CLASS SCHEDULE

WATER EXERCISE

MONDAYS/WEDNESDAYS/FRIDAYS

10:00 am-10:45 am

NEW!-TUESDAYS/THURSDAYS - NEW!

8:45-9:30 am

MONDAYS

5:30 pm

PICKLEBALL

TUESDAYS/THURSDAYS/FRIDAYS/SATURDAYS

9:00-Noon

SILVERSNEAKERS® CIRCUIT

TUESDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CHAIR YOGA

TUESDAYS

11:00 am-11:45 am

SILVERSNEAKERS® CIRCUIT

THURSDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CLASSIC

FRIDAYS

10:55 am-11:40 am

NATIONAL SENIOR HEALTH AND FITNESS
DAY

WEDNESDAY, MAY 28TH

ForeverWell Water Exercise

10:00-10:45 am

Oula Power

10:25-11:25 am

SPRIT
VENDOR FAIR

In the Lobby

10:00-11:30 am

SageHeart Belly Dance Group

Interactive Session

(you get to dance too)

10:30-11:30 am

In the Personal Training Studio

LUNCH ON THE LAWN

11:30am-1:00pm

Sign up to bring the sides

OUTSIDE PICKLEBALL

10:30 –

TRX/KETTLEBELL TRIAL CLASS

1:15-1:45 pm

In the Personal Training Studio

Game Day

Mondays

Noon- 3 pm

Coffee and Conversation

Fridays

11:45 am-1:00 pm

Feel free to bring a snack to share.

YMCA will provide coffee

ST PAUL EASTSIDE

875 Arcade Street
St. Paul, MN 55105

BRANCH HOURS

Monday-Friday

5:00 am-9:00 pm

Saturday-Sunday

7:00 am-4:00 pm