National Drowning Prevention Week at
Crystal Pool and Fitness Centre

Date: Friday, July 15, 2011

VICTORIA, BC — Could you or your child survive a fall into water? Take the Swim to Survive Challenge at Crystal Pool and Fitness Centre during National Drowning Prevention Week, Saturday, July 16 to July 23, 2011, and find out! The Challenge consists of a forward roll entry into deep water followed by one minute of treading water and a 50m swim.

An initiative of the Lifesaving Society of Canada, National Drowning Prevention Week seeks to educate Canadians on ways to prevent drowning and water-related injury. Drowning is the third leading cause of accidental death in Canada, for people 60 years of age and under.

Patrons are invited to attend special water-safety themed swims all week Monday to Friday 1 p.m. - 4 p.m. featuring games, prizes, and activities. The Challenge is available anytime during regular operating hours throughout the week. Regular admission applies. All participants in the Swim to Survive Challenge will be entered into a draw for prizes including PFDs, and swimming lessons.

The Lifesaving Society of Canada aims to prevent drowning and water-related injury through training, education and research. For more information, visit www.lifesaving.ca

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Please consider this announcement for your community calendar or events listings.

For More Information:

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