



**South Suburban
PARKS AND RECREATION**

FOR IMMEDIATE RELEASE
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South Suburban Parks and Recreation Encourages All to Learn to Swim;

Beat the Heat at Outdoor Pools and Spraygrounds

South Suburban Park and Recreation District's swimming pools and spraygrounds are a perfect way to beat the heat and stay active and entertained this summer. South Suburban wants everyone to be safe in and around swimming pools, and encourages those who don't know how to swim to register for swim lessons at any of the District's outdoor and indoor pools.

According to the US Centers for Disease Control and Prevention, children under five and those between the ages of 15-24 have the highest drowning rates. A shocking fact is that drowning is the second most common cause of death among children under the age of 18. According to JoAnn N. Gould, Manager of Recreation Services and Facilities for the District, "These accidents don't occur only when children don't know how to swim, but also when adults around them don't know how. By learning to swim, you and your child will not only be safe around water, but you will also increase your fitness level. Swimming is an excellent and very popular source of exercise. It helps you to build strong muscles and bones and maintain flexibly, and helps you with weight control."

District swim lessons are offered year-round for all ages; you are never too old to learn to swim. The sooner swimming becomes second nature, the safer and healthier we'll be. Check out [swim lessons](#) online.

Take the plunge at South Suburban's outdoor pools in Littleton, Centennial and Lone Tree. Open to the public, they all feature a diving board and slide, concessions and locker rooms.

Harlow Pool, 5151 S. Lowell Blvd., Littleton 303-798-6269

Harlow Swim Club is open to those ages 5-13.

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Franklin Pool, 1600 E. Panama Dr., Centennial 303-798-5922

New this year! C.A.R.A. (Colorado Association of Recreational Athletics) Dive Team. No previous diving experience is necessary. Check out Franklin's whimsical splashground.

Holly Pool, 6651 S. Krameria Way, Centennial 303-770-0333

Improvements this season include new exterior siding on pool buildings and upgraded interior finishes; a remodeled locker room facility with new restrooms; a new roof that covers the existing patio and new steps at the facility's entrance. The addition of two cabana style restrooms was added to the admissions building.

Cook Creek Pool, 8711 Lone Tree Pkwy, Lone Tree 303-790-7665

Cook Creek offers a zero depth entry leisure pool, great for little ones and those who want to cool off in shallow water. A large shelter is perfect for birthday parties and gatherings.

FREE Splashground at Cornerstone Park, 5150 S. Windermere St., Littleton 303-734-1083

Cool off in the free sprayground in Cornerstone Park, and play a game of miniature golf at the adjacent Colorado Journey.

Purchase a Summer Adventure Pass (SAP), which includes access to South Suburban's recreation centers and pools, valid now through Sept. 2. A SAP can be purchased for a single, double or household rate at any recreation center or pool.

Follow these tips for fun in the sun for everyone's enjoyment:

- Give your kids plenty of restroom breaks.
- Use swim diapers for children who are not yet potty trained or just recently potty trained.
- Shower before entering the pool or splashground.
- Do not visit pools if you are ill.
- Avoid swallowing water from the pool or sprayground.
- Stay hydrated, and reapply sunscreen every couple of hours.

Gould adds, "Everyone knows that summer is all about FUN! Making new friends is an age-old tradition. Knowing how to swim with peers will help your children make friends more easily and will provide an extra boost in their social skills."

For more information about South Suburban facilities, camps, classes and programs, visit www.sspr.org, or call 303-347-5999. Here's to a fun and safe summer!

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