

Get Moving...

Swimming Safe








Looking for summer fun?



SPLASH your way into summer! The entire family can enjoy fun in the sun while swimming. Swimming is a great way to get physical activity and stay cool during the hot summer months.

Benefits of swimming:

-  Swimming burns lots of calories.
-  Swimming uses almost all the major muscle groups, so it's great for resistance training without placing a strain on the body.
-  Regular swimming builds muscle strength, endurance, and cardiovascular fitness.
-  Swimming is soothing, relaxing and relieves stress.
-  Swimming is FUN!!

Fun Games to Play:



Water Frisbee: Divide everyone up into two teams. All you need is a frisbee and two laundry baskets for the goals. One side defends, and the other tries to score.

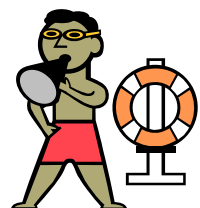


Water Hoops: Get two hoops, one on each side of the pool and play a game of basketball. Only one rule: no one can have the ball for more than 5 seconds at a time.



Race: Have relay races or underwater races!

Remember to be safe and obey pool rules.



Create Your Own Urban Escape
Have a...



STAYCATION



FITCITYCHALLENGE

Great Urban Escapes



Would you like to take the "Great Urban Escape?" Mecklenburg County Park and Recreation invites campers to enjoy a variety of camping and outdoor recreation opportunities.

Escape into Nature

Copperhead Island

15200 Soldier Road, offers primitive and group camping on the shores of Lake Wylie.

- o 14 acres of shore side nature
- o direct boat launch access to Lake Wylie
- o fishing pier
- o hiking trails
- o picnic shelter

McDowell Nature Preserve

15222 York Road, has 56 campsites ranging from RV to Primitive sites.

- o 1108 acres of peace and quiet
- o 7 miles of hiking trails
- o fish from numerous piers and platforms
- o McDowell Nature Center offers opportunity to learn everything you ever wanted to know about native plants and wildlife.



For more information or to make a reservation, please call 704-583-1284.

Local Nature Preserves

Reedy Creek Center and Nature Preserve

2900 Rocky River Road in northeastern Mecklenburg County

Visit the ruins of the Robinson Rock House at the preserve. Take a walk on the nature trails and seek out the 109 species of birds and 15 species of mammals.

Freedom park

1900 East Boulevard Central Park District III

Enjoy the beautiful butterflies in the butterfly atrium which is a great place for kids to learn about nature.

Latta Plantation

6211 Sample Road in northwestern Mecklenburg County

Visit the Backyard Habitat Garden that includes: bird feeding, butterfly garden, garden pond, and a demonstration compost area. Also enjoy the Raptor Center, Equestrian Center, and Historic Latta Plantation





Summertime provides an opportunity for families and friends to engage in various outdoor activities. Swimming is an excellent form of exercise but everyone must practice swimming safety while in the water. Here are some Do's and Don'ts for swimming safety:

Do's

- Learn how to swim
- Always swim with adult supervision or lifeguard
- Swim in a pool with plenty of lighting
- Keep rescue equipment accessible at pool side and post CPR instructions
- Always follow swimming pool rules – No running or horse playing around the pool
- Always wear waterproof sunscreen and protective eye wear whenever necessary
- Only dive in water that is at least 9 feet deep
- Always wait 2 to 3 hours after eating before swimming
- Always swim with a buddy



Don'ts

- Don't rely on swimming lessons, life preservers or other equipment to make a child feel safe in the water
- Don't allow children to push playmates, jump on others, "dunk" one another, dive or jump in shallow water
- Don't leave objects such as toys that might attract a child in the pool or pool area
- Never swim alone
- Never pretend to be drowning

