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# CALENDAR ITEM

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**FOR IMMEDIATE RELEASE**

**WHAT:** CIGNA Summer 2009

CIGNA HealthCare of Arizona and the City of Phoenix Parks and Recreation Department's Aquatic Section are partnering for the 18<sup>th</sup> year to make summers fun and safe for children. **CIGNA Summer** includes the following **free** programs for four different age groups.

- Itty Bitty Beach Party- ages six years or younger and their parents
- Cub Club- ages seven to 10
- Discovery Guards- ages 10 to 13
- Junior Lifeguard Training- ages 13 to 15

**WHEN /WHERE:** *Itty Bitty Beach Party* – Poolside parties include: water safety instruction, games, dance contests, swimsuit contests, Hawaiian leis, refreshments, sunglasses and more!

*Itty Bitty Beach Party* dates, times and Phoenix pool locations:

- Friday, June 12, 9:30- noon at Paradise Valley Pool, 17648 N. 40<sup>th</sup> St.
- Friday, June 19, 9:30- noon at Harmon Pool, 1239 S. 5<sup>th</sup> Ave.
- Friday, June 26, 9:30- noon at Pecos Pool, 17010 S. 48<sup>th</sup> St.
- Friday, July 17, 9:30- noon at Deer Valley, 19400 N. 19<sup>th</sup> Ave.

**\*\*Please note that the only City of Phoenix pool opened on a Friday will be the one hosting the Itty Bitty Beach Party\*\***

*Cub Club* - A fun way for children ages seven to 10 to learn basic first aid and water safety skills. Participants meet two times a week for six weeks. The program starts Monday, June 8. Sign-ups begin Saturday, May 2 at 10:30am; available online only at [www.phoenix.gov](http://www.phoenix.gov), click on "Pools". Public Internet access is available at all City of Phoenix Libraries.

*Discovery Guards* - This program, provided for children between 10 and 13, is a step into more detailed water safety. Participants meet two times a week for six weeks. Activities include: an introduction to CPR, basic first aid training and an introduction to lifeguarding skills. Sign-ups begin Saturday, May 2 at 10:30am;

available online only at [www.phoenix.gov](http://www.phoenix.gov), click on “Pools”. Public Internet access is available at all City of Phoenix Libraries. The program starts Monday, June 8.

*Junior Lifeguard Training* - The program provides children between 13 and 15 the opportunity to develop leadership skills. First-year junior lifeguards will become certified in CPR/AED; second-year junior lifeguards will work toward the goal of employment. Participants meet 3-4 times per week for eight weeks. Participants receive swimsuits, T-shirts, certificates of participation and other incentives. The program starts Monday, June 8. Sign-ups begin Saturday, May 2 at 10:30am; available online only at [www.phoenix.gov](http://www.phoenix.gov), click on “Pools”. Public Internet access is available at all City of Phoenix Libraries.

**For more information on CIGNA Summer activities, please contact the City of Phoenix Aquatics Department at 602-534-SWIM or 602-262-6541.**