

Cigna Celebrates Free Summer Programs with Emphasis on Water Safety

PHOENIX (May 9, 2012) -It's alarming that drowning is the leading cause of death in Arizona among children 1 - 4 years of age. That is why Cigna HealthCare of Arizona and the City of Phoenix Parks and Recreation Department's Aquatic Section are partnering for the 21 st year to make summer fun and safe for children, with the Cigna Summer Water Safety Program.

Registration is now open for Cigna Summer's free programs that take place at Valley-wide pools and focus on the following age groups:

- · Itty Bitty Beach Party- ages 6 years or younger and their parents
- · Cub Club- ages 7-10
- · Discovery Guards- ages 10-13
- · Junior Lifeguard Training- ages 13-15

"Water safety is a critical component to having a healthy community," said Stephanie Gorman, President and General Manager for Cigna HealthCare of Arizona. "Cigna is proud to provide support and resources to the City and the community to help parents, caregivers, and children have a happy, safe, active summer."

Kids and their families can participate in the official Cigna Summer kickoff event on **Saturday, June 2, with "Fiesta del Agua,"** a free water safety education event for parents and children that will include games, safety demonstrations, CPR tips from the Phoenix Fire Department, free food, open swim and more. The event will take place from 2-5 p.m. at Maryvale Pool, located at 4444 North 51 st Avenue in Phoenix.

"In addition to registering their children for the Cigna Summer programs, I would encourage parents and caregivers to protect children from water-related accidents by getting certified in CPR, installing pool fences in their homes, keeping toys away from pools and most importantly - providing constant adult supervision around water," said Dr. Leslie Barakat, Pediatric Medical Executive at Cigna Medical Group. According to the [CDC](#), participation in formal swimming lessons can reduce the risk of drowning by 88 percent among children aged 1 to 4 years.

Parents or guardians can sign their children up online at www.phoenix.gov/parks and click on "pools," or call the City of Phoenix Aquatics Department at 602-534-6587.

Cigna HealthCare of Arizona and the City of Phoenix have also partnered together to offer Senior Water Aerobics classes Valley-wide over the summer. Classes range in length from 35 minutes to one hour and are available on a first-come, first-serve registration basis. For more information visit <https://online.activecommunities.com/phoenix/Activities/ActivitiesAdvSearch.asp>.

Media Note: Media are welcome to the Fiesta del Agua kickoff event on Saturday, June 2 from 2-5 p.m. Spokespersons and medical experts will be available for interviews. A media alert will follow with additional details.

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