



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

Swimmers for Life Donate \$2,500 to the NSYMCA's Aquatics Programs

A Non-Profit started by former Deerfield High School Students helping to raise money and educate on drowning prevention and water safety

Northbrook, IL: November 2024– Swimmers for Life, a non-profit supporting swim safety among children, raises \$2,500 in support of the NSYMCA's swim programs and financial assistance for the Special Needs Swim Team. Swimmers for Life was created in 2014 by a group of dedicated young adults from the Deerfield High School swim team.

Over the past several years, Swimmers for Life have donated more than \$21,000 to the North Suburban YMCA's swim initiatives. Their support helped build the Y's 2 Seconds 2 Long Program, a Y program that makes swim safety and lessons accessible for children whose families who otherwise could not afford them. This important initiative included visiting elementary schools in 15 service areas with a swim safety assembly and swim tests for children ages 7 and up at no cost. Since the pandemic, the program has been on hiatus but there are plans to rebuild and continue the work in 2025.

"We are so grateful for the ongoing partnership of Swimmers for Life," states Kim Nyren, Director of Community Investment at the NSYMCA. "It is so impressive that these young woman and men continue to support our mission, even after their academic journey," continues Nyren. "These funds are crucial for our aquatics programs, specifically our swim lessons because 1 out of 4 of our swimmers would not get these lessons without financial assistance. Thanks to their donation, it will help save countless lives."

The Swimmers for Life founders, Lauren Kurzydlo and Grace Frankel were inspired to create Swimmers for Life when they were friends and teammates at Deerfield High School. Now this group is in their early twenties and graduates of prestigious universities, and they continue to educate and raise money to help in drowning prevention.

"Swimming has had such a positive impact on my life," exclaims Lauren Kursydlo, Swimmers for Life Founder. "I was horrified to learn that drownings were (and still are) the second leading cause of death among children. Swimmers for Life was started with the mission of preventing further drownings and providing children the opportunity to enjoy the water safely," continues Kursydlo. "The Y's mission aligns with ours and a great partnership formed. The work we do for our community and the Y remains important to me and this group, even 10+ years later."

Swimmers for Life leaders include 24-year-old Lily Kurzydlo; 22-year-old Anna Kurzydlo; 23-year-old Jane Frankel; 23-year-old Arthur Frankel; and 21-year-old Zuzanna Janusz; along with founders Lauren Kurzydlo, 27-year-old and Grace Frankel 26-year-old.

The latest Swimmers for Life donation will enable more children to participate in life changing swim lessons and provide assistance for the YMCA's Flying Turtles Swim Team, a program at the Y for special needs youth, adolescence and teens.

For more information about the North Suburban YMCA and its Aquatics Programs contact Missy Contri at mcontri@nsymca.org or visit www.nsymca.org

About the [North Suburban YMCA](http://www.nsymca.org)

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



CAPTION: North Suburban YMCA received a \$2500 donation from the Swimmers for Life non-profit group to support the Y's swim programs. Shown: Lauren Kurzydlo, Kim Nyren (YMCA Director of Community Investments) Lily Kurzydlo, and Anna Kurzydlo.