



SAFE SWIMMING WITH SICKLE CELL



FREE SWIM LESSONS FOR KIDS AGES 5–18 WITH SICKLE CELL DISEASE

Swimming is an essential life skill. For kids with sickle cell disease, it can be a big challenge, but with proper precautions, safe swimming is possible! The Cigna Group’s® Safe Swimming with Sickle Cell program builds confidence and camaraderie with kids in the sickle cell community through free swim lessons and water safety instruction.

GEORGETTE & CATO JOHNSON YMCA

4727 ELVIS PRESLEY BLVD
MEMPHIS, TN 38116

SATURDAY, AUGUST 22
11:00 AM – 4:30 PM

REGISTER BY AUGUST 20, 2026



Scan or tap this QR Code now to register.

- \$25 transportation reimbursement per registered family
- Siblings welcomed to register & swim
- Free food trucks, DJ, face painting, and more!

