

## **Darien YMCA Piranha Swimmers Spend Some Time Volunteering at Person-to-Person**

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At the Darien YMCA competitive swimming teaches swim technique and conditioning, but swimmers learn lessons that extend far beyond the perimeter of the pool.

— *an announcement from the* [Darien YMCA](#)

From 1909, when the Y began group swim lessons, to today's Y National Competition, the pool has become a place where pride replaces fear; health and happiness accompany achievement.

In addition to offering exercise, safety and skill development for a lifetime of aquatic enjoyment, the Darien YMCA Piranhas are being taught the meaning and joy of volunteerism.

On June 13, Piranha Swimmers Khrystos Yika-Nacarino, Andrew Rodriguez, Pragnun Sharma, Paula Frankowski, Sophia Karidas, Nolan Lovegrove, John Frankowski, Alex Khilko and Coach Henk Jansen, took some time out from practice to volunteer at Person-to-Person (P2P) in Darien.

The kids and coach sifted through piles of clothes, sorted, folded and hung them in the P2P clothing pantry for two hours.

“We take pride in knowing that the Darien YMCA Competitive Swim Team is an ideal youth development program that supports achievement, relationships and belonging. said Henk Jansen, Darien Y's competitive

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swim director and head swim coach, Darien YMCA. “And through off site events like this, we’re teaching our swimmers to be supportive of not only their teammates but also their community.”

For more information about Darien YMCA programs that shape and develop youth in meaningful ways, please visit [the Darien YMCA website](#), or contact the Darien YMCA at (203) 655-8228.