

HOW TO FIND THE RIGHT SWIM PROGRAM FOR YOUR CHILD

RESEARCH SUGGESTS THAT CHILDREN AGES 1-4 WHO PARTICIPATE IN FORMAL SWIM LESSONS CAN REDUCE THEIR RISK OF DROWNING BY 88%.

The AAP recommends children can be ready to start swim lessons after their first birthday. Always consult your pediatrician before beginning swim lessons.

START

FIND OUT WHAT PROGRAMS ARE LOCATED IN OR NEAR YOUR COMMUNITY.



VISIT EACH PROGRAM WITH YOUR CHILD BEFORE SIGNING UP.



USE THE SWIM PROGRAM CHECKLIST DURING YOUR VISITS.



ASK THE PROGRAM ABOUT THE COST AND SCHOLARSHIP OPPORTUNITIES.



SIGN UP FOR THE PROGRAM THAT IS RIGHT FOR YOUR FAMILY!



DON'T DELAY SWIM LESSONS!
GAINING WATER COMPETENCY IS AN IMPORTANT LAYER OF PROTECTION TO PREVENT DROWNING.
LEARN ALL 5 LAYERS OF PROTECTION BY SCANNING THE CODE BELOW.

