



Our class is going swimming!

We will be participating in the Lifesaving Society's Swim to Survive® School Grant Program.

We are going to the pool on these dates:

Remember to bring:

- Bathing suit/swimming clothes
- Towel
- Goggles (if needed)
- Bag
- Snack and a drink

Swim to Survive® teaches kids how to survive an unexpected fall into deep water using these 3 skills:

1

ROLL INTO
DEEP WATER



2

TREAD WATER
FOR 1 MINUTE



3

SWIM
50 METRES

