

# Our class is going swimming!

Swim to Survive®  
Lifesaving Society

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

We are going to the pool on these dates:

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Remember to bring:

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

Swim to Survive®+ teaches teens how to survive an unexpected fall into deep water **WITH CLOTHES ON** using these 3 skills:

1 ROLL INTO DEEP WATER



2 TREAD WATER FOR 1 MINUTE



3 SWIM 50 METRES



PLUS:

- How to safely help a friend in deep water (TALK, REACH, THROW)
- Physical fitness and training swims