

Thursday, June 23 @ 12:30-2pm

FREE! WORLD'S LARGEST SWIMMING LESSON at Upper Valley Aquatic Center

Help us build awareness about the fundamental importance of teaching children to swim to prevent drowning!

Swimming is a life-saving skill for children and a vital tool to prevent drowning, the second leading cause of unintended, injury-related death for U.S. children ages 1-14. Research shows risk of drowning can be reduced by 88% if children participate in formal swimming lessons between the ages of 1-4. Yet, a survey conducted by the American Red Cross in 2014 found that more than half of Americans (54%) either can't swim or don't have all of the basic swimming skills. This CAN and SHOULD change. Join the World's Largest Swimming Lesson!

Free Program • Lessons are introductory in nature • Space is limited! • Available to children 3 and up

Thursday, June 23

Session 1: 12:30 - 2:00pm

12:30 Welcome / Skits / Touch a Fire Truck!

1:05 - 1:35: Swim Lesson

1:35 - 2:00pm: Free Swim (for children 7yrs and under parent must plan to be in the water with your child during free swim)

Session 2: 1:30 - 3:05pm

1:30 Welcome / Safety Skits / Touch a Fire Truck!

2:10 - 2:40pm : Swim Lesson

2:40 - 3:05pm: Free Swim (for children 7yrs and under parent must plan to be in the water with your child during free swim)

Registration Opens June 6th at noon