



**SIGN UP FOR  
SWIMMING LESSONS  
AND LEARN MORE  
THAN SWIMMING,**

# **LEARN WATER SAFETY!**

## **THE PROPER USE OF LIFEJACKETS (PFDs)**

With swim lessons, your children learn more than just how to swim. They learn water safety skills that will last their lifetime.

In addition to traditional swimming skills, all CVRD swim lessons cover vital water safety topics - including the proper use of lifejackets (PFDs). When children learn to identify the risks early on, they tend to not participate in unsafe activities that can lead to drowning.

Learning how to choose and wear a lifejacket is just as important as learning the strokes. And the best way to learn about the proper use of lifejackets is to enroll in swim lessons through the CVRD.

Registration is now open for summer swim lessons at the CVRD's Aquatic Centre. For a complete schedule, visit [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec).

To register, call 250-334-9622, ext. 2.

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## SAFE DIVING

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Kids love to dive. But all it takes is one poorly planned or poorly executed dive to change a child's life forever.

With swim lessons, your children will learn safe diving guidelines that will stick with them for life. Things like "feet first the first time," and "head up, hands up, angle up."

Ninety per cent of people who are seriously injured while diving are confined to a wheelchair for life. Swim lessons will help ensure your child isn't one of them.

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## **UNDERSTANDING YOUR LIMITS**

When kids – including teens and young adults – don't know their limits in the water, they can get into trouble fast.

That's why all CVRD swim lessons cover vital water safety topics – like making smart decisions, recognizing peer pressure and knowing what to do if you find yourself out beyond your limits.

Swim lessons can make your child a stronger swimmer – but they also teach water safety skills that will last a lifetime.

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## **SAFE BOATING**

Boating is one of the best ways to spend a summer day in the Comox Valley. Swim lessons will help ensure your child's marine adventures don't end in tragedy.

All CVRD swim lessons cover vital water safety topics – like safe boating skills. Your children will learn how to prepare for a trip, how to load a boat safely and what to do if they fall overboard.

Nearly 150 Canadians die every year in boating incidents. Swim lessons will help ensure your child isn't one of them.

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## **THE DANGERS OF OPEN WATER**

Your kids play in the lake. They tube down the river. But do they know the dangers of open water?

When you enrol your children in swim lessons through the CVRD, they learn vital water safety skills that will last a lifetime – like understanding their limits, escaping rip currents and respecting open water.

65% of Canadian drowning deaths occur in lakes, ponds, rivers and streams. And we've got a lot of those in the Comox Valley.

Register today for summer swim lessons at the CVRD's aquatic centre.

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## **SWIMMING WITH A BUDDY**

Nearly 500 people drown every year in Canada. Almost half are alone when it happens.

Even strong swimmers can get into trouble in the water. That's why, in addition to basic swimming skills, all CVRD swim lessons cover vital water safety topics – like the importance of swimming with a buddy.

Learning to be safe in and around the water is just as important as learning how to swim. Kids who take swim lessons know to never enter the water without an adult present, and to never swim alone.

Register today for summer swim lessons at the CVRD's aquatic centre.

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