



At **Swimming Stars™** Learn to Swim Schools  
**SUMMER** never ends!

Our Motto:

Saving children from drowning – one swimming lesson at a time

[www.learntoswim.co.za](http://www.learntoswim.co.za)



**Children need to Learn to Swim.**

**Drowning is the leading cause of accidental death among children ages 1 – 4.**

Learning how to swim is an important skill for both parents and children to learn. New studies indicate that teaching children to swim between the ages of 6 and 12 months old is a great way to build their confidence in the water while at the same time teaching them water safety skills.<sup>1</sup>

**Is your child Water Safe? Score 8/8**

**My Child...**

**Not?**

<i>knows the difference between deep and shallow water</i>
<i>knows how to safely enter and exit a body of water</i>
<i>can tread water and keep his/her head above water</i>
<i>does not use inflatable water wings or another floatation device when swimming</i>
<i>can float on the back or on the stomach (Star Float)</i>
<i>can jump from the side of a pool into deep water, push off the bottom of the pool, turn and paddle back to the side</i>
<i>can easily make a front somersault in the water</i>
<i>can submerge and keeping his/her eyes open, move under the water using the arms and the legs</i>

Please download this **Water Safety** pamphlet to help keep your child safe:

<http://www.safekids.org/assets/docs/for-educators/Water-Safety.pdf>

To enrol your child for **Water Safety** lessons click on the following link:

[http://www.learntoswim.co.za/join\\_now.html](http://www.learntoswim.co.za/join_now.html)