

Learn to Swim!

Knowing how to swim can help keep you and your child safe when you are near water. There are many places that offer swimming lessons for children, teens, and adults.

THE MASSACHUSETTS DEPARTMENT OF CONSERVATION AND RECREATION

The MA Dept of Conservation & Recreation offers a list of swimming pool locations around the state. Visit mass.gov/eea and search for Learn to Swim. Choose the “Swimming Pool, Wading Pool and Spray Deck” link, then click the “Learn To Swim” button to see a list of locations offering swim lessons.

YOUR CITY OR TOWN

Your city or town may offer free or discounted swimming lessons—check your city/town website, usually under “parks” or “recreation department”, or call the Recreation Department in your community.

YMCA

Most Y’s across the state offer swimming lessons for children, teens and adults. If you live in the Boston area, you can find a list of swim classes at ymcaboston.org/swimming. If you live outside Boston, go to maymca.com and click “Find Your Y” to find a YMCA near you.

AMERICAN RED CROSS

The American Red Cross offers swimming lessons for children, teens and adults at several of its locations in Massachusetts. Visit redcross.org and search for “Learn to Swim” to find a local Learn-to-Swim provider.



Learn Water Safety Tips:

Read about important swim safety tips and kids’ learning activities at poolsafely.gov/parents.



Learn CPR! Find a class near you:

The Red Cross offers a wide selection of trainings on CPR/ AED, first aid, lifeguarding, swimming and water safety, caregiving, disaster response and emergency preparedness. For information on classes, visit redcross.org/ux/take-a-class.



For more information, please contact the Massachusetts Department of Public Health Injury Prevention and Control Program at (617) 624-6060.