**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](http://www.mass.gov/eea/agencies/dcr/massparks/recreational-activities/swimming-pools-wading-pools-and-spray-deck.html) 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 of list of swim classes at <http://ymcaboston.org/swimming>. If you live outside Boston, go to <http://maymca.com/> and click “Find Your Y” to find a YMCA near you.

**American Red Cross**

The [American Red Cross](http://www.redcross.org/take-a-class/swimming/learn-to-swim-providers#learn-to-swim-massachusetts) 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 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 <http://www.redcross.org/ux/take-a-class>

**Learn Water Safety Tips**

Read about important [swim safety tips](http://www.poolsafely.gov/parents) and kids’ learning activitiesat <http://www.poolsafely.gov/parents/>