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](https://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](https://ymcaboston.org/swimming). If you live outside Boston, go to [maymca.com](https://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](https://redcross.org) and search for “Learn to Swim” to find a local Learn-to-Swim provider.

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