

# SWIMMING IS FUN FOR EVERYONE!

TO STAY SAFE IN THE WATER,  
ALWAYS REMEMBER YOUR PALS!

P is for  
Permission!

## P

PERMISSION FROM PARENTS  
Before you go into any water, ask  
your parents for *permission first*.



A is for  
Always Buddy  
Up!

## A

ALWAYS BUDDY UP  
Never swim alone, always buddy  
up and swim with a friend or pal!



L is for  
Lifeguards &  
Life Jackets

## L

LIFEGUARDS &  
LIFE JACKETS

Make sure you only swim  
where there's a lifeguard  
who can see you, and  
always wear a *life jacket*  
on a boat.



S is for  
Swimming  
Lessons!

## S

SWIMMING LESSONS

Take *swimming lessons*,  
and always work to  
improve those super  
skills!

