

# SWIMMING LESSONS



The Bedford  
Health Dept.  
encourages you  
to make a splash  
this summer by  
taking swim  
lessons!

## Swim Lesson Information and Sign-Ups



# Swim Safety

## The Importance of Swim Lessons

Basic swimming and water safety skills training can reduce the risk for drowning.

The best way to learn these skills is through formal swim lessons with a certified instructor.

## Drowning Statistics from the CDC and Commonwealth of MA

- In 2022 in Massachusetts, there were 57 unintentional drowning deaths and 86 non-fatal near-drowning cases that required treatment at an acute care hospital.
- Roughly 4,000 people die from drowning in the United States each year.
- Drowning is the **leading cause of death** among children aged 1-4 years.
- Drowning is one of the three leading causes of unintentional injury among people aged 5-24 years.
- Drowning death rates have **increased** since 2019, particularly among children aged 1-4 years, persons aged 15-44 years, persons aged 65-75 years, and persons aged 85 years and older.

# Swim Safety

## Swim Safety Tips

- If you have a personal pool, install four-sided pool fencing at least 4 feet high.
  - Most drowning deaths in children occur during non-swim times.
- Provide close, attentive supervision to a child in or near a body of water.
- Use well-fitted life jackets.
  - “Floaties” or arm bands do not prevent drowning.
- Swim in designated areas monitored by lifeguards.
- Use the the buddy system, in which each swimmer has a “buddy” to check in with while swimming.
- Wear bright-colored bathing suits, preferably neon.
  - Light-colored, blue, and green bathing suits can blend in with the water and debris, making it difficult to see the swimmer.

# DCR Learn to Swim 2024

The Department of Conservation and Recreation (DCR) is offering *free* swim lessons through the American Red Cross Learn-to-Swim Program.

These two week long programs are offered to children 4-12 years old.

## Sessions

Session 1: July 1st–July 12th

\*No swim lessons on July 4th

Session 2: July 15th to July 26th

Session 3: July 29th to August 9th

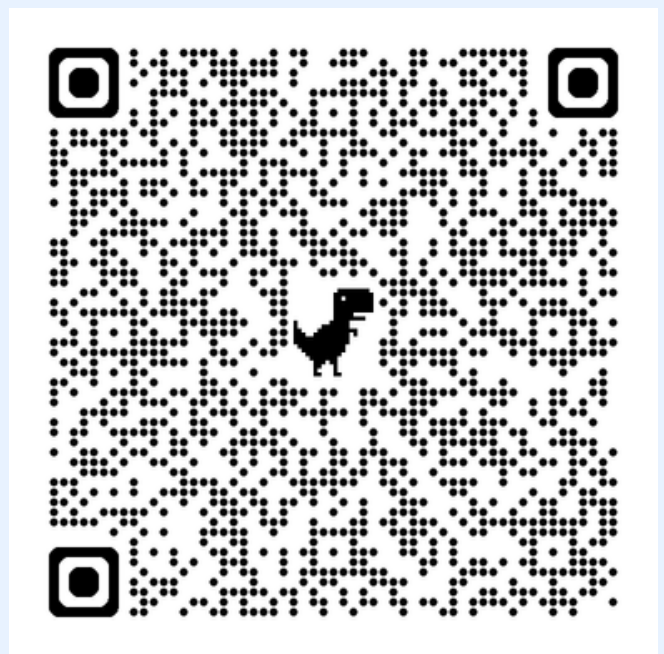
## Online Registration

Registration begins online at 7 am on the DCR website.

Session 1 opens: 6/17

Session 2 opens: 7/1

Session 3 opens: 7/15



Click this link or scan the QR code above to be directed to the DCR website

# DCR Learn to Swim 2024

## Locations

Agawam State Pool, Agawam

McCrehan Memorial Pool, Cambridge

Chelsea Pool, Chelsea

Lt. James F. Reilly Pool, Chestnut Hill

Chicopee Pool, Chicopee

Philip J. Weihl Memorial Pool, Clinton

Fall River Pool, Fall River

Fitchburg Pool, Fitchburg

Martin L. Olsen Swimming Pool, Hyde Park

Lord Memorial Pool, Lowell

Senator P. Eugene Casey Pool, Milford

Melnea A. Cass Pool, Roxbury

Springfield Pool, Springfield

Vernon Hill/Shine Memorial Pool, Worcester

# Swimming Lessons Near Me 2024

There are programs that offer swim lessons in and near Bedford for a fee.

## Locations

**Bedford Summer Adventures**: recreation day program that offers swim lessons at Springs Brook Park (Bedford, MA)

**Billerica Boys and Girls Club**: offers lessons in an indoor heated pool, offers programs for babies as young as 6 months old (Billerica, MA)

**Goldfish Swim School**: offers lessons in an indoor heated pool, can purchase individual lessons (Burlington, MA)

**Springs Brook Park**: community swim facility operated by the Bedford Recreation Department (Bedford, MA)

**Wedgewood Club**: offers swim and dive lessons to members only (Bedford, MA)

Click the name of the program to be directed to the website

# Want to Learn More?

## References and Resources

### Centers for Disease Control (CDC)

[Drowning Deaths Rise in the United States](#)



[Preventing Drowning](#)

### Massachusetts Department of Public Health (MDPH)

[Water Safety for Everyone](#)



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