



SWIM
SAFE®

COME AND JOIN US AT
ST IVES, THE ISLAND

**FOR FREE OUTDOOR SWIMMING AND WATER
SAFETY SESSIONS FOR 7-14 YEAR OLDS**

Surf House St Ives, The Island, Cornwall, TR26 1SY

22 July – 27 August*

Several sessions each day. Book your session in advance at
swimsafe.org.uk or on the day at the beach.

*Mondays and Tuesdays

Supported by





TAKE PART, HAVE FUN, STAY SAFE

Children and young people love swimming outdoors, but swimming in the sea, rivers and lakes is very different to swimming in a pool.

Swim Safe is a fun, free opportunity for children aged between 7 and 14 (able to swim 25 metres) to learn how to keep themselves safe when swimming outdoors, and what to do if they get into trouble.

From 22 July to 27 August on Mondays and Tuesdays, children will have the chance to take part in a fun, practical, interactive Swim Safe session at the Surf House St Ives, The Island and learn all about how to stay safe by the sea.

Each hour long session is completely **FREE** and includes safety advice from qualified lifeguards and up to 30 minutes in-water tuition with qualified swimming teachers.

Swim Safe is an inclusive activity that can be adapted for children with special educational needs and/or disabilities.

Visit **swimsafe.org.uk** to book your place, or visit us on the day.



Supporting Partner



Children must be able to swim at least 25 metres to take part.
Parents or carers must be present during the session.