

# SWIM TO SURVIVE

## 2018

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### BEAVERMEAD BEACH

Swim to Survive is a FREE drowning prevention program offered by the City of Peterborough's waterfront lifeguards at Beavermead Beach.

This program is offered to children 5 to 12 years old.

This program teaches and evaluates the following basic fundamental skills necessary to survive an unexpected fall into deep water:

- Roll into Deep Water
- Tread Water for 1 Minute
- Swim 50 Metres

**Saturdays: July 7 to August 4, 2018**

5 & 6 years	7 & 8 years	9 to 12 years
9:15 am - 9:45 am	9:15 am - 9:45 am	9:15 am - 9:45 am
9:45 am - 10:15 am	9:45 am - 10:15 am	9:45 am - 10:15 am
10:15 am - 10:45 am	10:15 am - 10:45 am	10:15 am - 10:45 am
10:45 am - 11:15 am	10:45 am - 11:15 am	

Parents must stay with their children during the entire program.

**Registration is totally FREE,  
Sign up today!**

#### REGISTRATION:

- Call the Recreation Division at 705-742-7777 ext. 1873 (Mon to Fri, 8:30 am to 4:30 pm) and register over the phone
- Register online at [www.recreationpeterborough.ca](http://www.recreationpeterborough.ca)
- Stop by the Recreation Division at 210 Wolfe Street and register in person

**Please Note:** Swim to Survive is a Drowning Prevention Program and is **NOT** a swimming lesson. The Program may be cancelled or modified due to poor weather or water quality, and is being offered for 5 sessions instead of 3 to accommodate cancelled classes!

Swim to Survive is funded by Canadian Tire Jumpstart and supported by the Lifesaving Society, the City of Peterborough, Peterborough Police Service and Peterborough Fire Service.

