

# Swim Safe!!

Date: Saturday, June 1, 2019  
Time: 10:00 am - 12:00 pm  
Place: Families Helping Families  
2927 Hodges Street  
Lake Charles, LA 70601



We know water is everywhere. Help your child learn what to do and what not to do in and around pools. Drowning is the second most common cause of death from injuries among kids under the age of 14. Drowning can happen so fast, sometimes in less than 2 minutes after a person's head goes under the water. That leaves very little time for someone to help!

## These topics and more will be covered:

- Pool safety
- Basic rules of Swimming
- Is it safe to swim alone
- Lifeguards
- Dry Drowning
- Swimming pools vs Open waters

**Guest Speaker: Rene Fontenot**  
**Ward 3, Aquatic Director**

Seating is Limited! • Contact China to register! • Link to Register: <https://conta.cc/2W1vEPi>  
(337) 436-2570 • 1-800-894-6558 • Email: [info@fhfswla.org](mailto:info@fhfswla.org) • Fax: (337) 436-2578

