

GETTING STARTED WITH SWIMMING

WHAT YOU NEED:

- SWIMSUIT
- GOGGLES
- SWIM CAP
- KICKBOARD (FOR BEGINNERS)

BASIC SAFETY TIPS:

- ALWAYS SWIM WITH A BUDDY
- LEARN FLOATING AND BREATHING TECHNIQUES FIRST
- FOLLOW POOL RULES AND LIFEGUARD INSTRUCTIONS

DID YOU KNOW?



MICHAEL PHELPS HAS 23 OLYMPIC GOLD MEDALS,
MORE THAN 161 COUNTRIES
HAVE WON IN THEIR ENTIRE OLYMPIC HISTORY!

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*Dive Into Swimming:
A Guide to the Sport &
Its Benefits*

"A FUN, HEALTHY, AND ESSENTIAL LIFE SKILL!"