

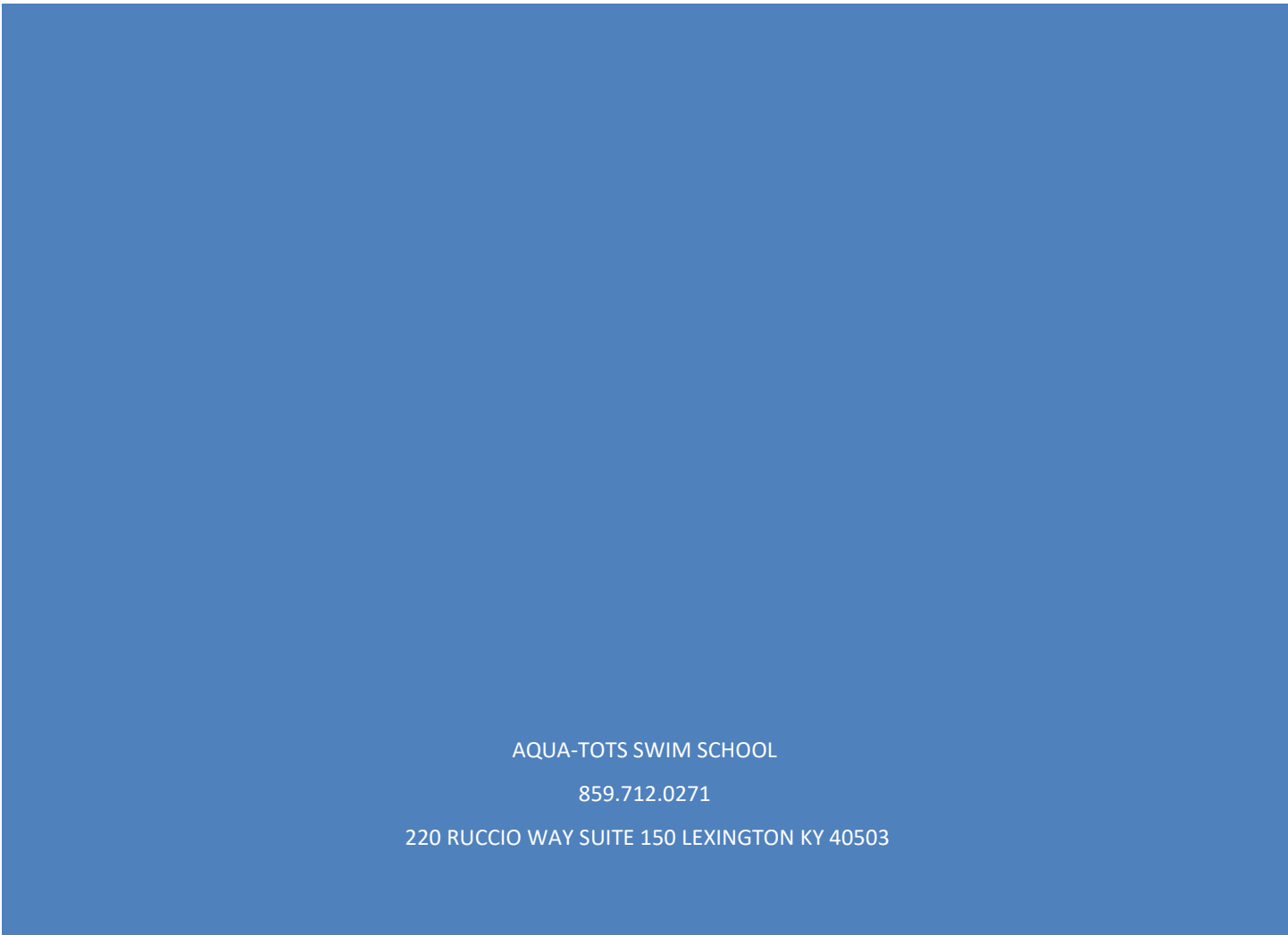


# WATER SAFETY PRESENTATION ACTIVITY & PARENT PACKET

AQUA-TOTS SWIM SCHOOL

859.712.0271

220 RUCCIO WAY SUITE 150 LEXINGTON KY 40503





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## GUIDED WORKSHEET

1. Can you write OLLIE? \_\_\_\_\_
2. What animal is OLLIE? Circle the correct picture!



3. What happens to Mr. Fishy when we let go?  
Does he go up, up, up or down, down, down?

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4. Why does Mr. Fishy go Up, Up, Up? Because he has \_\_\_\_\_! Who else has air? \_\_\_\_\_
5. What do the ABC's of WATER SAFETY stand for? Fill in the missing letters!

A-      A \_\_\_\_\_ UL \_\_\_\_\_ Supervision

B-      B \_\_\_\_\_ R \_\_\_\_\_ IE \_\_\_\_\_ S

C-      C \_\_\_\_\_ A \_\_\_\_\_ S \_\_\_\_\_ S

6. Circle the Barrier!



7. Fill in the missing word!

Put pool \_\_\_\_\_ away

Be \_\_\_\_\_ safe & wear sunscreen

No \_\_\_\_\_ on the pool deck

8. Which one is the penguin creed?

a. Never Swim Alone

b. Eat your Vegetables

9. Where can you practice Chicken, Star, Rocket at your house? Circle all the correct answers!
- a. On a couch
  - b. On a bed
  - c. Standing up
  - d. On a chair
10. Help! Words from our pool rules are missing, can you fill in the missing word?
- a. Always swim with a \_\_\_\_\_
  - b. Don't \_\_\_\_\_ in shallow water
  - c. Pack Pool \_\_\_\_\_ away after using them
  - d. Be \_\_\_\_\_ safe and wear sunscreen
  - e. No \_\_\_\_\_ around the pool
  - f. If someone needs help in the water, go get \_\_\_\_\_



G O G G L E S

G O G G L E S

G O G G L E S

G O G G L E S

G O G G L E S

G O G G L E S

swimming

swimming

swimming

swimming

swimming

swimming

bubbles

bubbles

bubbles

bubbles

bubbles

bubbles



TOWEL

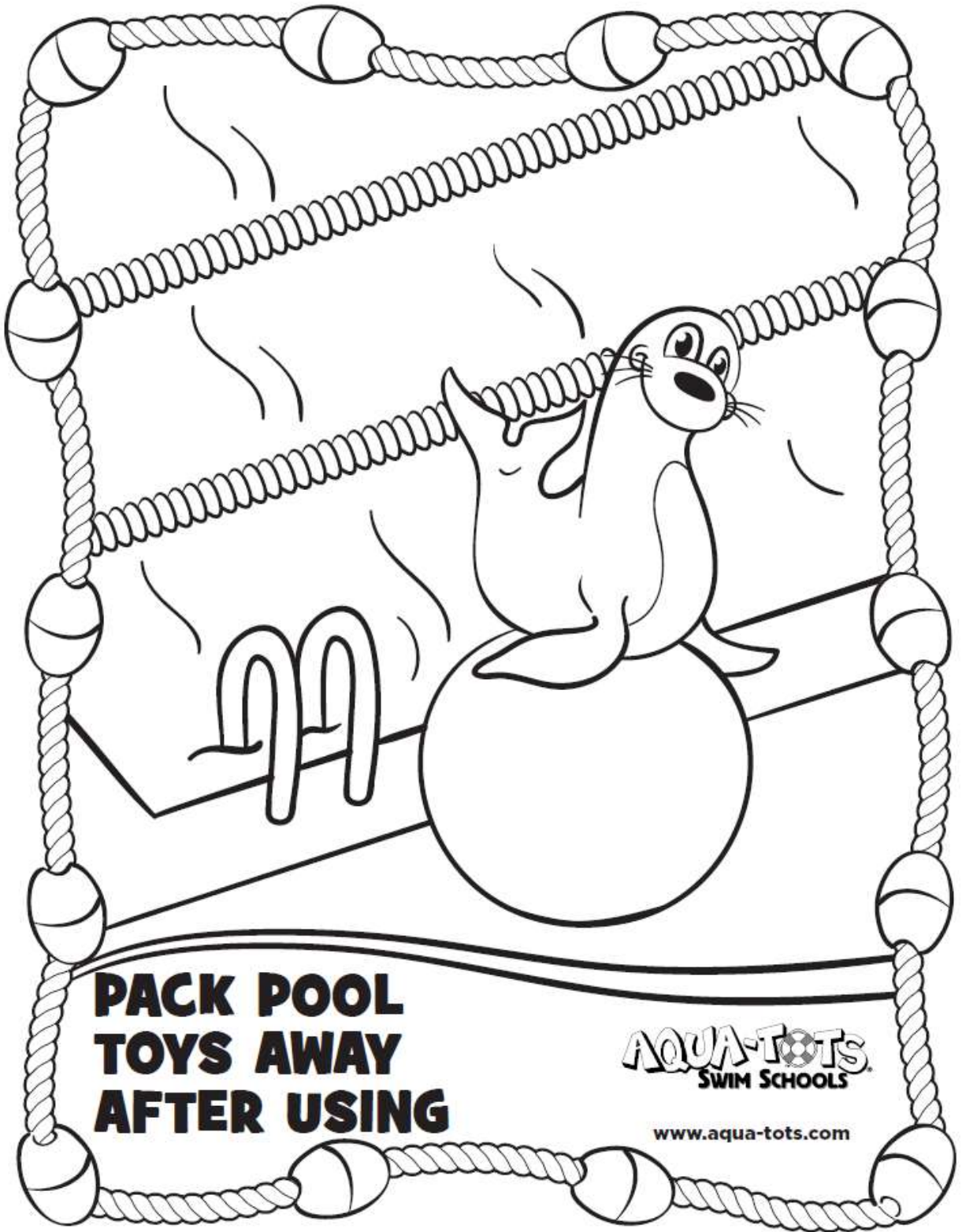
TOWEL

TOWEL

TOWEL

TOWEL

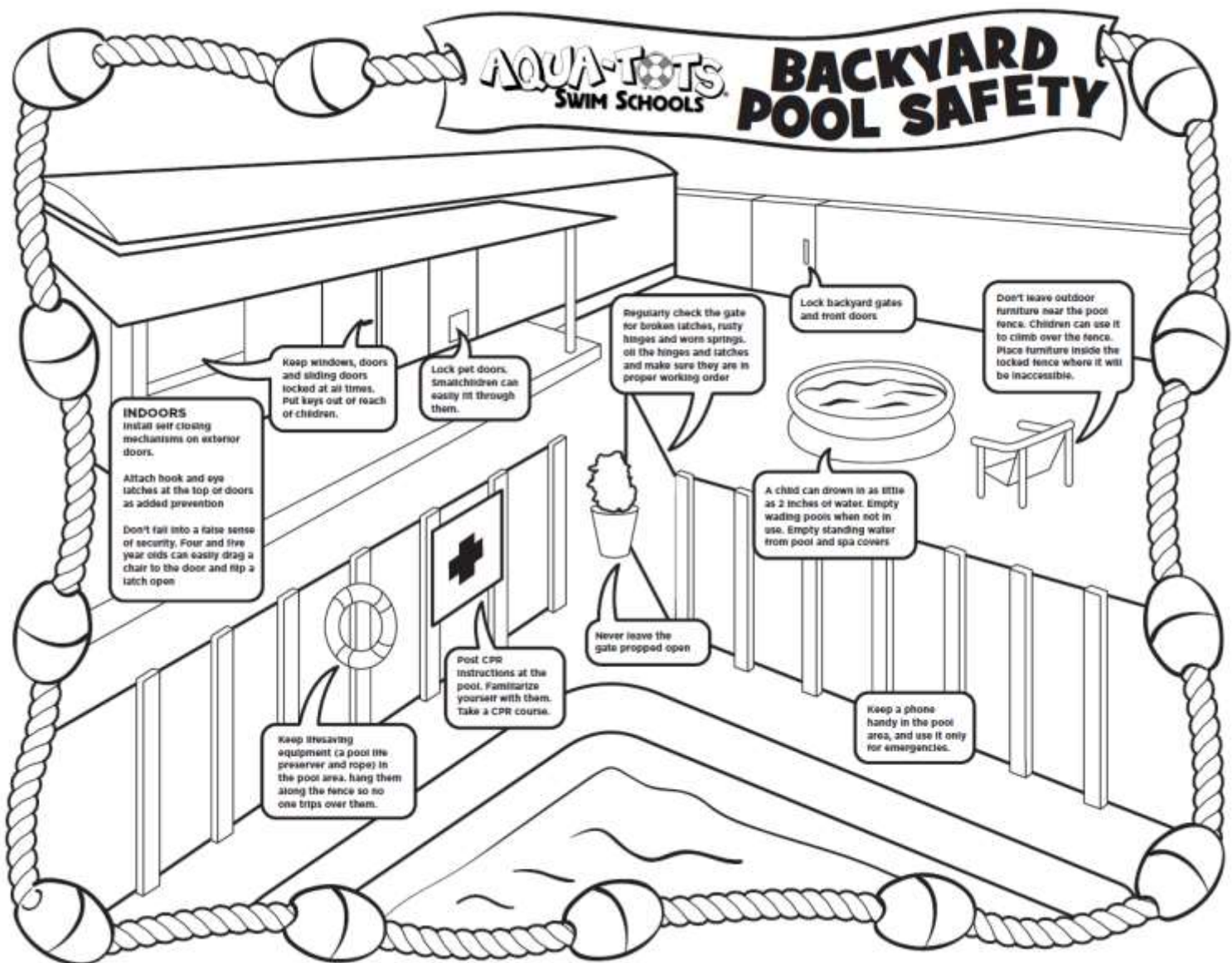
TOWEL



**PACK POOL  
TOYS AWAY  
AFTER USING**







### AQUA-TOTS SWIM SCHOOLS BACKYARD POOL SAFETY

**INDOORS**  
Install self closing mechanisms on exterior doors.  
Attach hook and eye latches at the top of doors as added prevention.  
Don't fall into a false sense of security. Four and five year olds can easily drag a chair to the door and flip a latch open.

Keep windows, doors and sliding doors locked at all times. Put keys out of reach of children.

Lock pet doors. Smart children can easily fit through them.

Regularly check the gate for broken latches, rusty hinges and worn springs. Oil the hinges and latches and make sure they are in proper working order.

Lock backyard gates and front doors.

Don't leave outdoor furniture near the pool fence. Children can use it to climb over the fence. Place furniture inside the locked fence where it will be inaccessible.

A child can drown in as little as 2 inches of water. Empty wading pools when not in use. Empty standing water from pool and spa covers.

Never leave the gate propped open.

Post CPR instructions at the pool. Familiarize yourself with them. Take a CPR course.

Keep lifesaving equipment (a pool life preserver and rope) in the pool area. Hang them along the fence so no one trips over them.

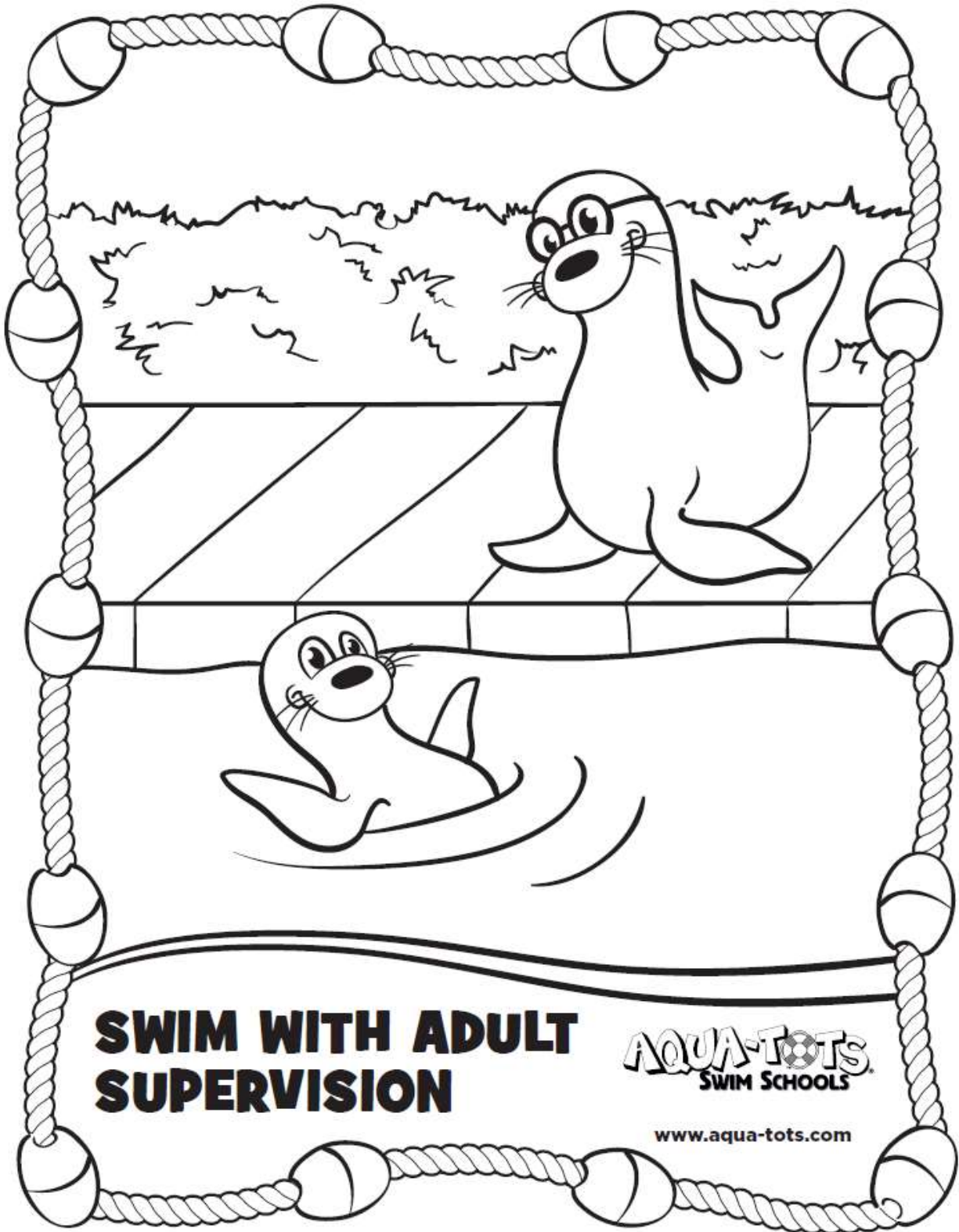
Keep a phone handy in the pool area, and use it only for emergencies.



**NO RUNNING ON  
THE POOL DECK**

**AQUA-TOTS**  
SWIM SCHOOLS

[www.aqua-tots.com](http://www.aqua-tots.com)



**SWIM WITH ADULT  
SUPERVISION**

**AQUA-TOTS**  
SWIM SCHOOLS

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Write a letter to your parents, grandparents, teacher or siblings!

Dear \_\_\_\_\_,

Handwriting practice area consisting of 15 horizontal lines for writing a letter.



## ANSWER KEY

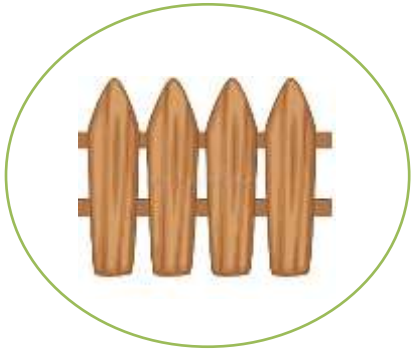
1. Can you write OLLIE? \_\_\_\_\_
2. What animal is OLLIE? Circle the correct picture!



3. What happens to Mr. Fishy when we let go? Does he go up, up, up or down, down, down? Up, Up, Up
4. Why does Mr. Fishy go Up, Up, Up?  
Because he has AIR! Who else has air?  
ME!
5. What do the ABC's of WATER SAFETY stand for? Fill in the missing letters!  
A- A D U L T Supervision  
B- B A R R I E R S  
C- C L A S S E S



6. Circle the Barrier!



7. Fill in the missing word!

Put pool TOYS away

Be SUN safe & wear sunscreen

No RUNNING on the pool deck

8. Which one is the penguin creed?

a. Never Swim Alone

b. Eat your Vegetables

9. Where can you practice Chicken, Star, Rocket at your house? Circle all the correct answers!
- a. On a couch
  - b. On a bed
  - c. Standing up
  - d. On a chair
  - e. All the above!
10. Help! Words from our pool rules are missing, can you fill in the missing word?
- a. Always swim with a BUDDY
  - b. Don't DIVE in shallow water
  - c. Pack Pool TOYS away after using them
  - d. Be SUN safe and wear sunscreen
  - e. No RUNNING around the pool
  - f. If someone needs help in the water, go get HELP



## Know the Water Safety Statistics

1. Drowning is the **#1** cause of accidental death in children ages 1-4 and consistency in formal swim lessons can reduce that risk by **88%** (Center for Disease Control and Prevention).
2. **88%** of child drownings occur with at least one adult present (National Drowning Prevention Alliance).
3. **23%** of child drownings happen during a family gathering near a pool (National Drowning Prevention Alliance).
4. **69%** of children younger than 5 years were not expected to be at or near a pool at the time of a drowning incident (The Consumer Product Safety Commission)



## Aqua-Tots Swim Schools Frequently Asked Questions

- 1. What is Aqua-Tots?** Since 1991, Aqua-Tots has been the industry leader in swimming instruction. Our mission is to help prevent drownings by working with the community to provide a standard of excellence in teaching child and adults water safety.
- 2. What age should my child start lessons?** Our lessons are available for children ages 4 months and up. No matter what age your child is, it is NEVER too late to start swim lessons.
- 3. Why does Aqua-Tots recommend year-round swimming lessons?** The continuity helps them retain more knowledge for a longer period. With a gap created by seasonal swimming lessons, children tend to regress from their swimming skill level. This ultimately results in having to refresh those skills before they can build new skills.
- 4. What training do your instructors receive?** Our Water Safety Instructors complete 40+ hours of intensive classroom and in-water training prior to teaching their first swim lesson. In addition, all AT-WSIs have obtained CPR and First Aid training. Our instructors also participate in monthly training sessions and are regularly evaluated.



5. **What happens if my child misses a lesson?** Notify the Front Desk associates prior to the missed lesson and we will gladly issue you a free make-up lesson to use at your convenience. These make-ups will remain on your account for the duration of your registration fee, so you will never miss a lesson!
  
6. **What happens when my child advances to the next level?** Congratulations! Your instructor will verbally tell you and the child. The Front Desk staff will work with you to schedule lessons for the next level. Your child graduating does not affect billing in anyway.
  
7. **How much do lessons cost?** There are numerous factors that go into the pricing of our lessons. Lessons will be billed monthly and are based on the number of children you have and how many days per week you would like to attend.
  
8. **When do you have lessons?** We have lessons 7 days a week! With our flexible scheduling we are sure to find something that fits your families schedule.