

A dynamic splash of water is captured at the top of the frame, with droplets and ripples visible against a light blue background. The rest of the image is a solid, medium blue gradient.

Swimming at Avenue



Where can we find water?

Water is all around us and it is important
you know how to be safe.



Swimming pool



Sea



Canal



River

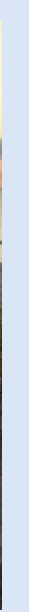


Lake



Stream

Have you ever been to the seaside
or a swimming pool?



Signs to be aware of

- Deep water



- It's safe to swim



- No diving



- Life jackets must be worn



Beach Flags

Flags to look out for:



Red and yellow flags mean Lifeguards are on patrol. You should only swim or boogie board in the area between the flags.



The red flag means it is dangerous to bathe or swim and you should not go into the water.



The quartered black and white flag indicates the area zoned for surf craft and Malibu boards. It is not safe for swimmers and bathers.

Water safety code

- Spot the dangers
- Take safety advice
- Go together
- Learn how to help- ringing 999

British Olympic Athletes

Adam Peaty- wins gold and sets
a world record.

<https://www.youtube.com/watch?v=YsGHSe6N06w>

Why learn to swim?

- Keeps your heart and lungs healthy
- Improves strength, balance, posture and flexibility
- Increases stamina
- Anyone can take part in swimming
- Provides plenty of opportunities to make friends and grow in confidence
- Learning to swim also opens up the door to a range of other activities.

What activities involve swimming?

Activities involving swimming



Careers in Aquatics

- Lifeguard
- Swimming coach
- Swim teacher
- Scuba diver instructor
- Underwater film maker
- Ocean engineer
- Marine veterinarian
- Marine biologist
- Underwater welding

*Remember, learning to
swim may save your life
one day!*