



# SUMMER SWIM PACK LIST

EVERYTHING YOUR CHILD NEEDS FOR A FUN AND SAFE SWIMMING EXPERIENCE.

## OUTDOOR SWIMMING POOLS



Swim shirts or rash guards are best for outdoor swimming.



Noodles and tubes are fun for the pool!

Water wings or arm floaties are unsafe and should never be relied on!

If I still need a flotation device to swim, keep me within arm's reach at all times.

**Safety Reminder:** Constant, non-distracted adult supervision is required at all times.



## SWIMMING LESSONS



One-piece suits, snug-fitting shorts, or jammers are best for lessons.

Reusable swim diapers are required for swimmers under age 3.



...we recommend them in all scenarios for non-potty trained swimmers!

We don't need much for swim class: just a suit, towel, and maybe a swim cap. LPB provides the rest.



## BEACHES, LAKES, RIVERS, BOATING



When boating or near moving water, keep life jackets on at all times.

Sun protection - even on cloudy days - includes hats, sunglasses and sunscreen.



Goggles help protect eyes from the sun. Pack them in your pool and beach bag this summer!

Protect my feet with water shoes!



**Safety Reminder:** Life jackets need to be U.S. Coast Guard-approved and weight-appropriate.

