



**SIGN UP FOR  
SWIMMING LESSONS  
AND LEARN MORE  
THAN SWIMMING,**



# LEARN WATER SAFETY!

## SAFE DIVING

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Kids love to dive. But all it takes is one poorly planned or poorly executed dive to change a child's life forever.

With swim lessons, your children will learn safe diving guidelines that will stick with them for life. Things like "feet first the first time," and "head up, hands up, angle up."

Ninety per cent of people who are seriously injured while diving are confined to a wheelchair for life. Swim lessons will help ensure your child isn't one of them.

Register today for summer swim lessons at the CVRD's aquatic centre.

For a complete schedule, visit [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec).

To register, call 250-334-9622, ext. 2.

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