

Swimming Saves Lives - FREE Swim Lessons - June 5th – 8th, 2017

The Grand Strand Masters Swim Team and the North Myrtle Beach Aquatic & Fitness Center will offer free swimming lessons for non-swimming children (ages 5 and up) and adults. The free lessons are part of the U.S. Masters Swimming, Swimming Saves Lives Foundation and the USA Swimming Foundation's "Make A Splash" water safety initiative.

The program offers free swimming lessons intended for non-swimming children (**ages 5 and up**) and **non-swimming adults**, who might not otherwise be able to afford swimming lessons. .

Most non-swimming adults avoid entering the water because they are afraid of it. During these free lessons, participants will be introduced to basic swimming and water safety skills such as floating, treading water, and learning to feel safe and comfortable in the water.

Swimming Saves Lives classes meet 5:30-6:15 pm, 6:30-7:15 pm, or 7:30-8:15 pm. Participants choose only one time.

Pre-Registration is required at the North Myrtle Beach Aquatic & Fitness Center.

For more information contact Diane Bartlett at (843)281-3738 or email dcbartlett@nmb.us