

STAY SAFE In the Water

Swimming and playing in the water can be fun but REMEMBER to keep safety in mind.

Be aware of Recreational Water Illnesses

Recreational Water Illnesses (RWI) are caused by germs that are spread by swallowing, breathing mists/aerosols or having contact with contaminated water in swimming pools, hot tubs/spas, water playgrounds, lakes, rivers or oceans.

Parasites, bacteria and amebas can cause recreational water illnesses.

Prevent gastrointestinal, skin, ear, respiratory, eye, neurological and wound infections caused by RWI.

Prevent drowning by practicing the following layers of protection:

- ☐ Supervision: actively watch children in water
- ☐ Barriers: physically block a child from the pool
- ☐ Emergency Preparedness: learn CPR and call 9-1-1

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For more information on water safety visit https://www.watersmartfl.com/ or call 407-665-3000

Keep safe while enjoying water activities by practicing the following tips:

- ☐ Use life jackets
- ☐ Attend water safety & swimming classes
- ☐ Provide continued supervision
- ☐ Stay out of the water if you are sick or have diarrhea
- ☐ Shower before you get in the water
- ☐ Do not urinate in the water
- ☐ Avoid swallowing the water
- ☐ Learn First Aid & CPR

When in fresh water such as lakes, ponds, rivers, creeks and hot springs:

- ☐ Keep your head out of the water
- ☐ Hold your nose shut or use nose clips
- ☐ Do not dive into the water
- ☐ Avoid digging in or stirring up the sediment





MANTÉNGASE SEGURO En el Agua

Nadar y jugar en el agua puede ser divertido pero RECUERDE mantener la seguridad siempre en mente.

Sea consiente sobre las Enfermedades Transmitidas Por el Agua en Lugares de Recreación Acuática

Enfermedades Transmitidas Por el Agua en Lugares de Recreación Acuática (RWI) son causadas por gérmenes que se propagan al tragar respirar aerosoles o tener contacto con agua contaminada en piscinas, parques acuáticos, áreas de juego con agua, bañeras de hidromasaje, lagos, ríos u océanos.

Parásitos, bacterias y amebas pueden causar enfermedades transmitidas por el agua en lugares de recreación acuática.

Prevenga infecciones gastrointestinales, de la piel, oídos y ojos, respiratorias, neurológicas y de las heridas causadas por RWI.

Prevenga los ahogamientos al practicar las siguientes capas de protección:

- ☐ Supervisión: vigilar activamente a los niños en el agua
- ☐ Barreras: bloquear físicamente a un niño de la piscina
- ☐ Preparación para Emergencias: aprenda RCP y llame al 9-11

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Para más información sobre seguridad en el agua visite https://www.watersmartfl.com/ o llame al 407-665-3000

Manténgase seguro mientras disfruta de actividades en el agua practicando los siguientes consejos:

- ☐ Use chalecos salvavidas
- ☐ Asista a clases de seguridad y natación
- ☐ Proporcionar supervisión continua
- ☐ Manténgase fuera del agua si está enfermo o tiene diarrea
- ☐ Dúchese antes de entrar en el agua
- ☐ No orine en el agua
- ☐ Evite ingerir el agua
- ☐ Aprenda Primeros Auxilios & RCP

Cuando en agua dulce como lagos, estanques, ríos, arroyos y aguas termales:

- ☐ Mantenga la cabeza fuera del agua
- ☐ Mantenga la nariz cerrada o use los clips de la nariz
- ☐ No se sumerja en el agua
- ☐ Evite excavar o remover el sedimento



Swim Lesson Resources
Recursos para Clases de Natación

Altamonte Springs Recreation Swim Lessons Ages: 18 months and up 407-571-8762	Lake Mary-Longwood Aquatic Center Ages: 3yrs and up 407-869-5600	Safe Turtles Swim School Ages: 6 months and up 407-257-4627
AquaMobile Ages: Infant and older 888-950-7946	Larry A. Dale Aquatic Center Ages: 3-17 years 407-302-1034	Seminole Aquatics Ages: 5 years and older 407-302-1034
Assured Aquatics Ages: Infant and older 352-432-1863	Little Aquatics Swim Lessons Ages: 9 months and up 407-913-7946	Sharks and Minnows Swim School Ages: 6 months and up 407-699-1992
Children with Challenges Swim Lessons Ages: Preschool thru High School 407-869-5600	★ Little Otters Swim Academy Ages: 6 months and up 407-252-7159	Stone Crabs Swim Team Ages: 4 and up 407-766-8198
★ City of Winter Park Ages: Preschool, Elementary 407-599-3338	Oviedo Aquatics Swim Lessons and Special Needs Activity Program Swim Lessons Ages: 6 months and up 407-971-5575/ 407-971-5582	Sunsational Swim School Ages: 6 months and up 888-788-2140
Florida Swim Company Ages: 6 months and up 833-235-7946	★ Oviedo YMCA Ages: Preschool thru adult 407-359-3606	Swim Life Ages: 6 months and up 407-878-4352
Goldfish Swim School Ages: 4 months to 12 years 407-410-4660	Patriot Aquatics Ages: 6 years and older 407-862-2207	SwimKids USA Age: Infant and older 352-394-3040
Infant Swimming Resource Swim Lessons (multiple locations) Ages: 6 months to 6 years	The Pool Safety Resource Ages: 8 months and up 407-834-9182	Trinity Prep Aquatics Ages: 4years and older 321-282-2558
InstaSwim Private at Home Swim Lessons Ages: Preschool to High School 888-610-2656	RDV Athletic Club Ages: 6 months to 17 years 407-916-2442	Tuskawilla Country Club Ages: 4years and up 407-366-1851
★ J. Douglas William YMCA Ages: Preschool thru Adults 407-321-8944	Roth Family JCC of Greater Orlando Ages: 3-11 year 407-645-5933	Wiz Park Pool Swim Lessons Ages: Preschool thru High School 407-263-7177

★ *These providers may offer low cost, scholarships or free swim lessons. Estos proveedores pueden ofrecer clases a bajo costo, becas, o clases libre de costo.*

Additional resources/Recursos adicionales:

Seminole County Safe Kids Coalition

Florida Department of Health WaterSmartFL

American Red Cross Swimming Lessons for Kids

Fun 4 US Kids