

## Safety Rules

ALWAYS follow the rules and teachers instruction

Swim with a buddy

NEVER swim alone

Enter the pool feet first, unless instructed to do otherwise

NEVER dive into an unknown or unmarked area

Swim in areas supervised by a lifeguard

Always walk around the pool area

NEVER use the pool as a restroom

Do not drink or eat while swimming because you could

choke or contaminate the water Do not

swim when there is bad weather Do not push

or shove each other ABSOLUTELY NO

HORSEPLAY

"The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move."

- Aleksandr Popov