



Friends of Lost Pines State Parks Welcome you to Summer Swim Lessons!

We are looking forward to having three great sessions this summer. Our goal is to provide an enjoyable experience in the water and more importantly teach the skills needed for children to feel confident and stay safe around water. You can check out our website at <http://www.friendsoflostpines.org>

To ensure that your child gets the most out of his/her lesson please make sure they are ready to enter in the water at least 5 minutes before their scheduled lesson time. We encourage parents to stay and watch their child's progress throughout their lesson. However, we are asking that parents stay in the grassy areas so that children are able to stay focused on their instructor and get the most out of each lesson. Parents of the Tadpole swimmers are expected to be in the water and participating in the lesson with their child.

Required items to bring:

- Sunscreen
- Water or sports drink
- Hair bands/caps for long hair
- Towel
- Swimsuit
- Goggles might be appropriate for some swimmers

We look forward to spending time with you and your child and working together to make our children safer and more confident as they improve their swimming skills this summer.

*~Friends of the Lost Pines State Parks is a non-profit organization.
Donations and memberships are gladly welcome~*