



## **Friends of the Lost Pines State Parks Welcome you to Summer Swim Lessons**

We are looking forward to a great summer of swimming fun and safety. 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 the water.

To ensure your child gets the most out of the lesson, please make sure they are ready to enter 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 you to stay in the grassy areas, so the children can stay focused on their instructor and get the most out of each lesson.

A parent of the Mom & Me swimmers is expected to be in the water participating in the lesson with their child.

### **Required items to bring:**

- ▶ **Swimsuit**
- ▶ **Water or Sports drink**
- ▶ **Hair bands/caps for long hair**
- ▶ **Goggles may be appropriate for some swimmers**
- ▶ **Towel**
- ▶ **Sunscreen**

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

### **Contact information:**

Bastrop State Park pool: 512-321-3740  
Mail: FLPSP, PO Box 1714, Bastrop, TX 78602  
Info: [www.friendsoflostpines.org](http://www.friendsoflostpines.org)

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