



## DROWNING PREVENTION BEGINS WITH LEARNING TO SWIM



Drowning is the fifth-leading cause of death in the United States. In Broward County, it is the leading cause of unintentional death among children ages 1 to 4.

Don't let yourself or a loved one become a part of this statistic by following these simple tips:

**Learn how to swim.** Formal swimming lessons can reduce the risk of drowning especially among children age 1 to 14. The Weston YMCA and other facilities throughout Broward honor the [Swim Central coupon](#) for children ages 6 months to 4 years old. A limited number of adult swim vouchers are also available.



The YMCA has a host of programs for all swim needs, from learning how to swim privately with one-on-one instruction, to learning with peers in group lessons. For more information visit [ymcasouthflorida.org/swim-lessons](http://ymcasouthflorida.org/swim-lessons).

**Get CPR certified!** The City of Weston offers free CPR lessons and certification. Contact BSO Weston Fire Rescue at 954-389-2015 today!

