



# C.A.C.H.É. Life Skills Aquatics Program



Learning to be comfortable and safe in an aquatic environment is an important life skill for all young children in Sarnia Lambton. Development of these skills will support your child as they grow and begin to participate in community activities that will often take place in parks or on beaches bound by the shores of Lake Huron, community pools or the private pools of family and friends.

Focus will be on the following water safety areas:

- Learning pool rules
- Why it is important to always swim with an adult
- What's safe and unsafe in the pool environment
- Safe entries and exits to the pool
- The importance of wearing a lifejacket
- Exploring floatation and movement in different directions

Children will also have time to practice their skills and engage in fun fitness activities. This aquatic program is in addition to the current services offered to your preschooler in C.A.C.H.É. and participation is not mandatory.