



# SWIM SAFE<sup>®</sup>

WITH SWIM ENGLAND AND THE RNLI



**SANDHAVEN BEACH  
SOUTH SHIELDS  
16 to 26 August  
(Wednesday - Saturday only)**

**FREE outdoor swimming and water  
safety sessions for 7-14 year olds**

**Several sessions each day**

**Book your session in advance at  
[swimsafe.org.uk](http://swimsafe.org.uk)  
or on the day at the beach**



Supported by



South Tyneside Council



SwimNE



Lifeboats



Swim  
England



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## Take part, have fun, stay safe.

Children love swimming outdoors, but swimming in the sea, rivers and lakes is very different to swimming in a pool.

Swim Safe offers a unique opportunity for children aged between 7 and 14 to learn how to keep themselves safe when swimming outdoors, and what to do if they get into trouble.

From 16 to 26 August (Wednesday - Saturday only) children have the chance to take part in a fun, practical, interactive Swim Safe session at Sandhaven Beach, South Shields and learn all about how to stay safe by the sea.

Each hour long session is completely **FREE** and includes safety advice provided by qualified lifeguards and up to 30 minutes in-water tuition with accredited swimming teachers.

Visit [swimsafe.org.uk](http://swimsafe.org.uk) to book your place, or book on the day at the beach.



Supporting Partners



Children must be able to swim at least 25 metres to take part.  
Parents or carers must be present during the session.

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