

# WATER SAFETY 101

A Free Lecture for Kids and Adults

At Bridge Ave Beach

July 10, July 24, and August 14 - 10AM

(Rain Day - Sunday)



Extra Session Added!  
July 24

Given by the BHIA Life Guards

## Be Safe on the Beach!

Learn:

- How to recognize and deal with riptides
- About water conditions that can be dangerous
- What to do if you are in trouble
- What to do if someone else is in trouble
- Why to pay attention to Red and Yellow Flags
- For parents - how to protect kids, when is the best time to swim, how to check conditions by going in the water

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