



Longfellow's WHALE Tales

We teach American Red Cross water safety right in your classroom! Longfellow's WHALE Tales teaches children ages 3 to 12 about safe behavior in, on, and around the water.

We make water safety fun and easy to learn! Each lesson can be reinforced with color posters, worksheets, activities, and a video that features Longfellow, the animated whale.

Longfellow's WHALE Tales Includes Five Basic Lessons.

1. Swim with a buddy in a supervised area.
2. Be cool, follow the rule -- the reasons behind water safety rules.
3. Look before you leap -- choose safe places to swim and dive.
4. Think so you don't sink -- what to do when things go wrong, such as leg cramps, exhaustion, or getting caught in a fast-moving current.
5. Reach or throw, don't go -- safe ways to rescue a swimmer in trouble.

Mimi Conner
Team Leader/Owner/Instructor

Aqua~Fit
Swim, Fitness, Yoga, Rehab Family Wellness Center
1400 Summit Ave D2
Plano Texas 75074
972-578-7946
Aquafitplano.com
aquafitplano@verizon.net

AQUA~FIT

**Swim, Fitness, Yoga, Rehab
Family Wellness Center**