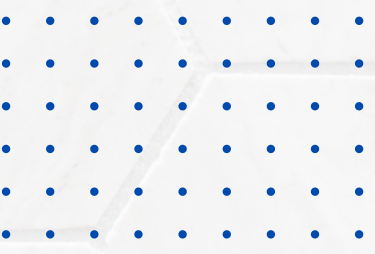




Free Beach Balls & Rubber Ducks!
 Chance to Win 3-Month Summer Family Pass!






APRIL POOL'S DAY 2024

Swim lessons are a great way to prevent drowning, but there are other hidden dangers. This event will educate children how to know the water, know their limits and proper usage of a life jacket. This will help your children be safer in other aquatic environments. The last hour of the event will include a free open swim for participants and their families.




EVENT OVERVIEW:

-  **April 20, 1-3pm** (check-in @ 12:45)
-  **FREE** (See pre-registration info)
-  See Schedule on Back Page



Pre-registration opens Friday, April 5!
 Use QR Code to register online or visit mtrainierpool.com.



APRIL POOL'S DAY

Event Timeline



- Check into event @ 12:45pm
- Event swim begins @ 1:00pm
- Four (4), fifteen-minute stations: 1:15 to 2:15pm (Cold water and hypothermia, Reach and throw, don't go, Lifejacket and Teaching survival strokes)
- Open Swim: 2:15 to 3pm
- 2:30pm: Raffle for membership prize last 30 minutes and open swim
- 3pm: End of Event (After event: Beach ball and rubber ducky for exit prizes for those who completed station card)

Water Safety Stations



Hypothermia Station



Reach & Throw, Don't Go



Lifejacket Station



Teaching Survival Strokes

More Information

MRP April Pool's Day Punch Card

Collect a stamp at all four safety stations to collect a prize ducky!

Safety Station:	Stamp:
1. Cold Water and Hypothermia	
2. Reach and Throw, Don't Go	
3. Don't Just Pack it, Wear Your Lifejacket	
4. Survival Strokes and Exhaustion	

WATER SAFETY STATION CARDS

Participants will receive stamp cards. Stations will be open the entire event. Staff will stamp your card with the opportunity to show them on your way out at the end of the event for a free beach ball or rubber ducky. The water safety stations are designed to help children learn safety strategies for hidden dangers around water.

HISTORY OF EVENT

April Pools Day began in 1993 by the Seattle-King County Drowning Prevention Coalition. The Coalition decided to have an annual April Pools Day event where families and community members could go to their local pool and get safely prepared for our seasonal water related activities. April Pools Day was designed to include a free swim so that community members can get more familiar with their local aquatic facilities. April Pool's day is now a statewide event with each individual pool designing the program that best fits their needs. Programs often include water safety demonstrations and "hands on" practice such as, reach assists, use of improvised rescue equipment, and wearing a lifejacket in the pool.

MORE INFORMATION

For more information visit mtrainierpool.com, email info@mtrainierpool.com or call us at 206.824.4722.

