



Date: 11 June 2026

Dear Parents and Carers,

Open water safety – protecting our young people this summer

In recent weeks, there have been tragic incidents across the UK involving young people losing their lives in open water. These situations can happen quickly and are often preventable.

Many young people are not aware of the dangers of open water or how to respond if something goes wrong, so we are offering:

Free water safety sessions for families with children age 7-14 years

A safe, supervised environment to learn essential skills together because knowing how to survive in cold, open water is what saves lives. Click to book:

Location	Date
Appleby Leisure Centre	<u>Saturday 13 June 3:00 to 3:50pm</u> <u>Saturday 20 June 3:00 to 3:50pm</u> <u>Saturday 27 June 3:00 to 3:50pm</u>
Barrow Leisure Centre (Booking opens 7 days in advance)	<u>Saturday 27 June 3:30 to 4:30pm</u> <u>Sunday 5 July 3:30 to 4:30pm</u>
Kendal Leisure Centre	<u>Saturday 20 June 3:00 to 4:00pm</u> <u>Sunday 19 July 12:00 to 1:00pm</u>
Penrith Leisure Centre	<u>Wednesday 17 June 4:00 to 5:00pm</u> <u>27 June 11:15am to 12:15pm</u>
Ulverston Leisure Centre	<u>Saturday 27 June 4:00 to 5:00pm</u> <u>Saturday 4 July 4:00 to 5:00pm</u>
Dalton Leisure Centre Call to book: 01229 463125	Saturday 4 July 4.00 to 5.00pm Saturday 11 July 4.00 to 5.00pm Saturday 18 July 4.00 to 5.00pm
Windermere Outdoor Sports Centre (Open water session)	<u>Saturday 11 July 2:00 to 3:00pm</u> <u>Saturday 11 July 3:00 to 4:00pm</u>



These sessions will be delivered at leisure centres and will teach essential life-saving skills:

- How to control breathing during cold water shock
- How to float to stay alive
- How to make safe decisions and recognise risks
- What to do if someone else is in trouble

The requirements for participants are:

- The child can swim at least 25m continuously, competently and confidently in a recognised stroke (i.e. unaided and without putting their feet on the floor)
- The child is aged between **7 and 14 years** at the time of the session.
- A full list of requirements can be viewed at [Participant consent for Swim Safe](#) – (please some of the open water references are not relevant to leisure centre sessions)

We strongly encourage you to:

- Attend a family open session where possible. Either swimsuits or normal PE kit/shorts and t-shirt are fine for pool sessions. Wetsuits will be provided for open water sessions.
- Speak with your child about the risks of open water
- Reinforce one simple message:
 - **If you fall into water – float, breathe, and stay calm**

Additional resources and information can be found online at

- [Float To Live – What To Do In An Emergency – RNLI](#)
- [Swim Safe - teaching children to swim safely](#)

Thank you for your support in helping to keep our young people safe.

KjStephens

Yours sincerely,

Katrina Stephens

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