

Longfellow's WHALE Tales

**A water safety program that saves
lives and promotes water safety
awareness.**

Cedarland Aquatic Center has been teaching the Longfellow's Whale Tales Water Safety program since 1991. The program is designed for children ages 4 and older and is focused on developing the skills and knowledge that contribute to safety in, on, and around water.

Longfellow's Whale Tales was created by the American Red Cross.

Cedarland Aquatic Center features an Olympic-size pool with an attached wading pool making it an excellent place for children of all ages. The facility also includes locker rooms and deck seating for viewing or relaxing.

Cedarland Aquatic Center is located at 888 Boston Road, Haverhill, MA.



Longfellow's WHALE Tales

**Water Safety
Program**



888 Boston Road
Haverhill, MA 01835
(978) 521 - 7700 ext 105
www.cedarland.net

Children get to enjoy Longfellow the friendly whale as he educates them on the following themes:

1. **Swim as a Pair Near a Lifeguard Chair** - Never swim alone, if you do and you get into trouble there will be no one to help you. Also, always swim in an area that is supervised by a lifeguard.

2. **Be Cool, Follow the Rules** - Rules are made for your safety. Following the rules is safer and more fun for everyone.

3. **Look Before You Leap** - Is the place where you are about to swim safe? Check to make sure a lifeguard is present. If you can not swim over your head, check the depth of the water. Do not dive into shallow water or water that is murky.

4. **Think So You Don't Sink** - If you do get into trouble in the water don't panic. What you should do is think so you don't sink. Many swim lesson instructors teach floating techniques that help when a swimmer is tired.

5. **Reach or Throw, Don't Go** - If someone is having trouble in the water the first thing you should do is yell help. If no one is around you can help the person in trouble by throwing something that floats into the water: kickboard, bubble, lifejacket, rope, etc. Another way to help is reaching out. You can do this with a pole or even with your hand if they are close enough (always remember to lie down on your belly when reaching out with your arms, if you are standing up they might pull you into the water).

6. **Don't Just Pack It, Wear Your Jacket** - If you are in a boat always remember to wear your life jacket (adults & kids). Having a life jacket in a boat is not helpful unless you are wearing it. So, don't just pack it, wear your jacket!

7. **Too Much Sun is No Fun** - Remember to put on a lot of sunscreen before going outside. Reapply every 2 hours.

8. **In Your House, In Your Yard, Watch for Water - Be On Guard** - Backyard pools, baby pools, buckets of water, toilets - all can be very dangerous for little ones. Watch children carefully and keep them away from these areas.

9. **Wave, Tide, or Ride, Follow the Guide** - Whenever you go to a water park follow the posted rules.

10. **Think Twice Before Going Near Cold Water or Ice.**

11. **Know About Boating Before You Go Floating.**

Schedule of Activities

Whale Tales consist of:

- 25 Minute Video
- 15 Minutes of Rule Review & Questions & Answers
- 45 Minute Free Swim

Total Program Time: 1 3/4 hours including changing time

Group/Teacher Planning Notes:

- We recommend 1 chaperone for every 6 children 6 years old or younger. For children 7 years or older we recommend 1 chaperone for every 10 children. We also recommend both male and female chaperones.
- Please allow 10 minutes before and after swimming for changing time. Locker rooms with lockers and showers are available.
- Please be aware that this program is very popular during the Spring season. We encourage groups to sign up well in advance to secure their spot.

Availability & Fees

The Whale Tales program can be booked October through May on the following days and times:

Mondays	11:00 am - 2:00 pm
Tuesdays	10:30 am - 3:00 pm
Wednesdays	11:00 am - 3:00 pm

Call for additional days and times.

Fees: \$12.50/ child
Minimum of 10 children

Please contact Lori Paszko at 978-521-7700 ext 136 or email lpaszko@cedardale-health.net to book your group for a Whale Tales Water Safety Program.

