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The content in this book is provided for educational and entertainment purposes only. It is designed to promote water safety and fun learning, and it is not a substitute for adult supervision or professional instruction. Always ensure that an adult is present during water activities and that all local safety guidelines are followed.

For inquiries, permissions, or additional information, please contact:

[Hello@SunshineSwimming.com](mailto>Hello@SunshineSwimming.com)

Published in the U.S.A.

THANK YOU

Thanks so much for purchasing this coloring book! You've supported a small business and helped us share the joy of water safety.

For even more resources on your swimming journey, visit SunshineSwimming.com.

Connect with me on socials for updates, tips, and more fun!



[Facebook.com/AmandaTheSwimmer](https://www.facebook.com/AmandaTheSwimmer)



[Instagram.com/Sunshine.Swimming](https://www.instagram.com/Sunshine.Swimming)

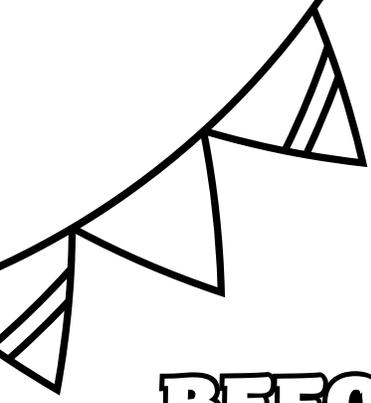


[@AmandaGirton on Youtube](https://www.youtube.com/@AmandaGirton)

Are you a parent or caregiver ready to learn more about water safety and swimming?

Hang out with me in my free Skool group to connect with others and ask questions.

Search Sunshine Swim Academy in the Skool app or type bit.ly/43AWEtW into the URL bar.



BEFORE YOU START COLORING

**This paper works great with crayons, colored pencils,
and more.**

**If you're using markers, tuck a sheet of paper behind
the page to keep the colors from bleeding through.**

Happy coloring!

Be Water Safe

Splishing and splashing in pools, beaches, and water parks is the best!

But before you get carried away, let's make sure we're being safe and smart around the water.

That way we can all soak up the good times without any boo boos or accidents.

Let's learn how we can stay safe around the water and have fun coloring at the same time.

Water Safety Pledge

- I promise to be safe when I'm in or around water.
- I will always swim with a buddy, listen to the lifeguard, and follow all the rules.
- I promise to wear my safety gear and ask for help if I need it.
- I'll keep myself and my friends safe while having fun in the water!
- I promise to always ask permission before going swimming.

My Name: _____

MY SWIM SAFETY CHECKLIST

Before you hit the water, make sure you have each of these items:

- Swimsuit, towel, sunscreen
- Always swim with a buddy
- Ask permission before getting in the water
- Know where the lifeguard is
- Follow all the pool or beach rules.
- Memorize the emergency phone number.
- Ask for help if you need it

EMERGENCY CONTACTS

Who do you call in an emergency?

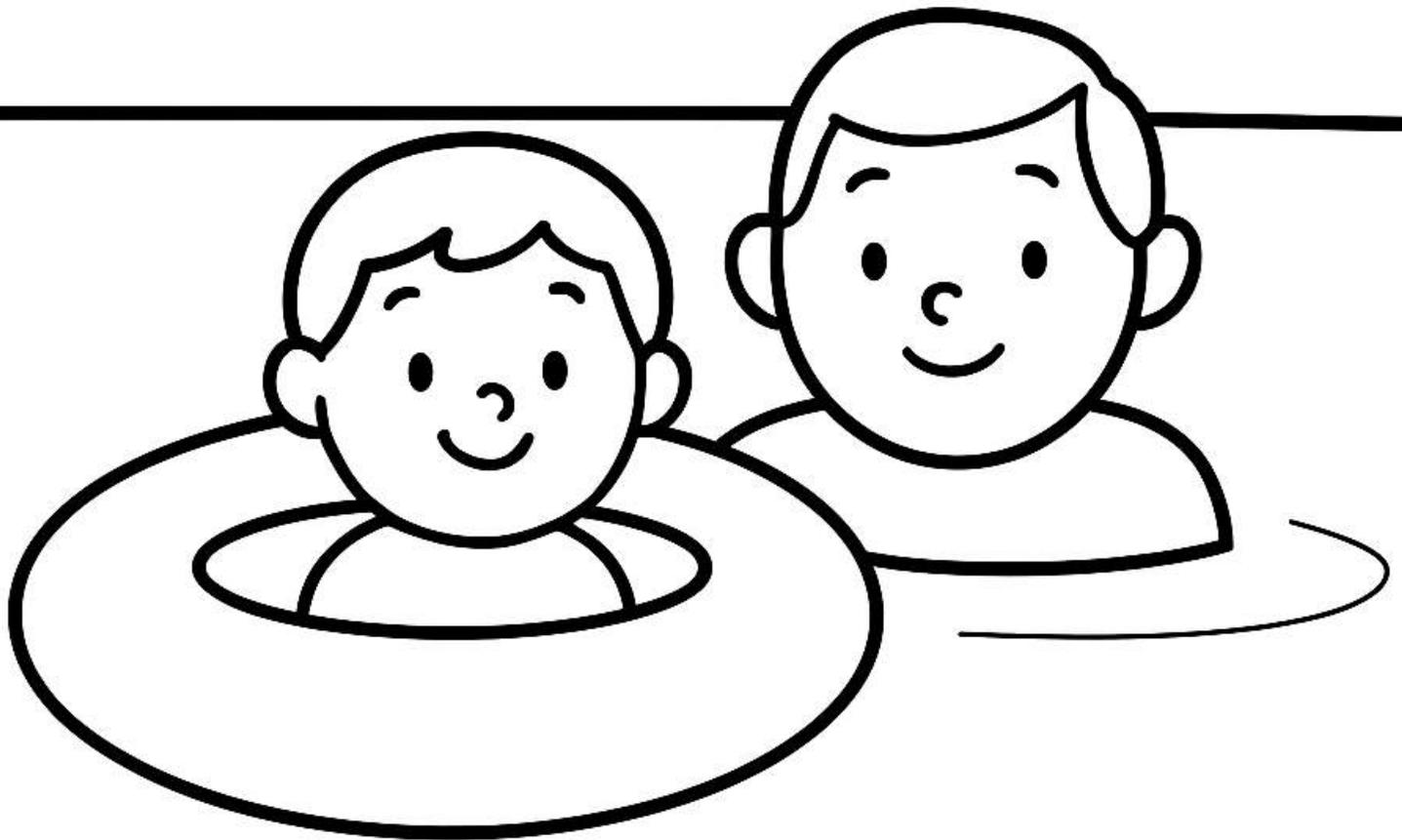
911

Guardian, write their phone number

Someone else? write their phone number

NEVER SWIM ALONE

Don't dive in without a watchful
grown-up nearby!



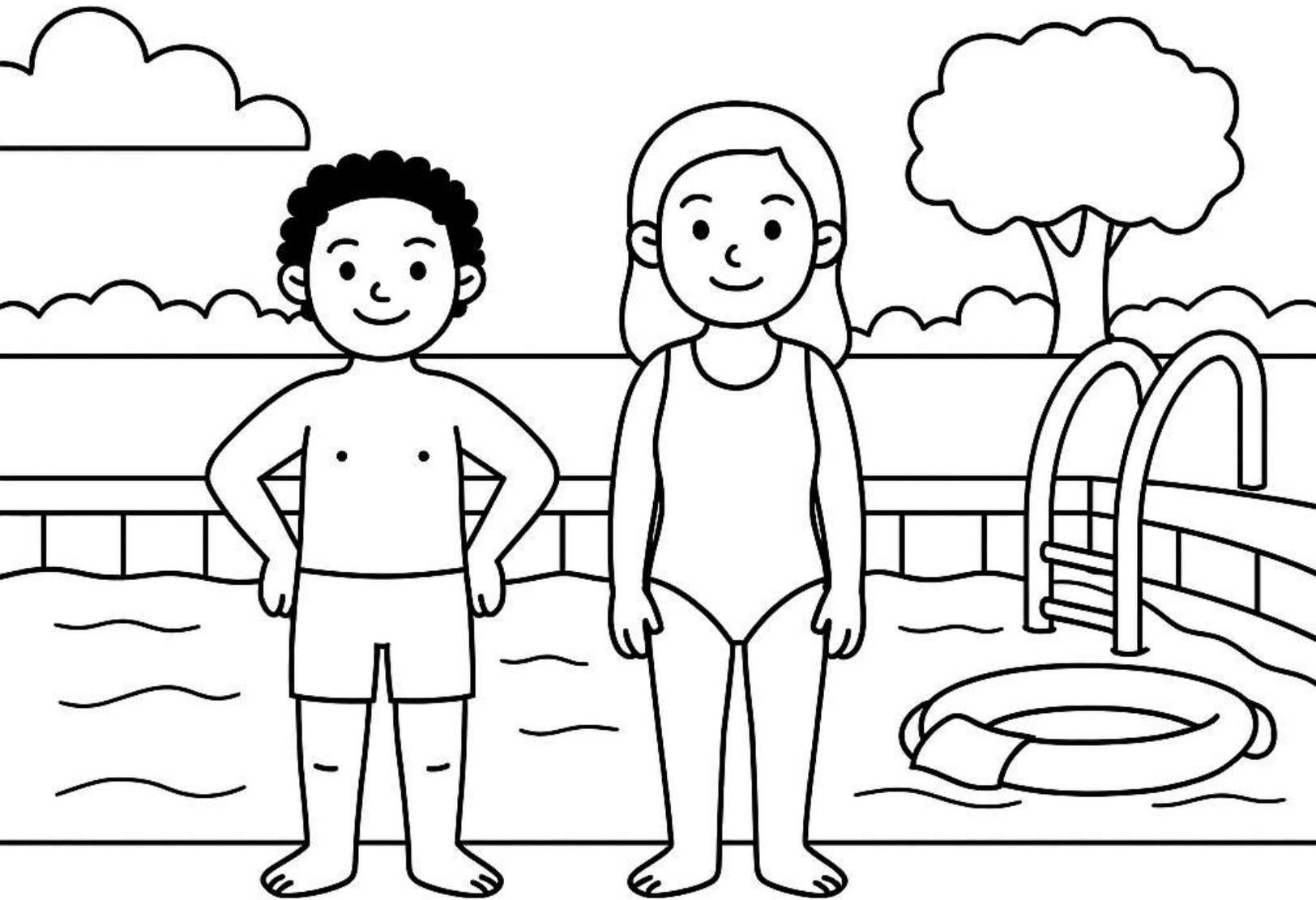
STAY HYDRATED

Drink lots of water while you soak up
the sun at the beach or pool.



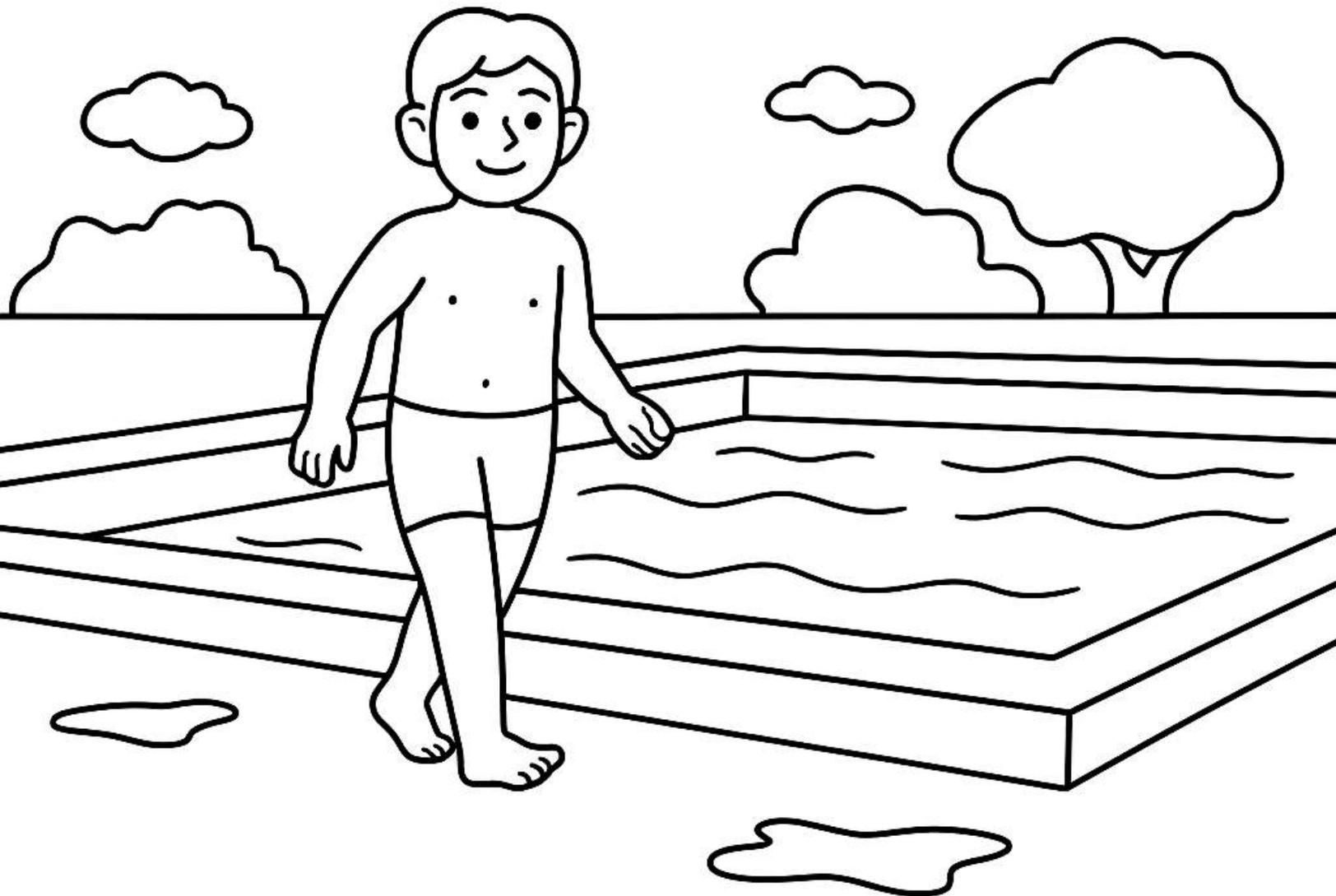
Know the Exits

Find the the ladder or steps before making a splash in the pool.



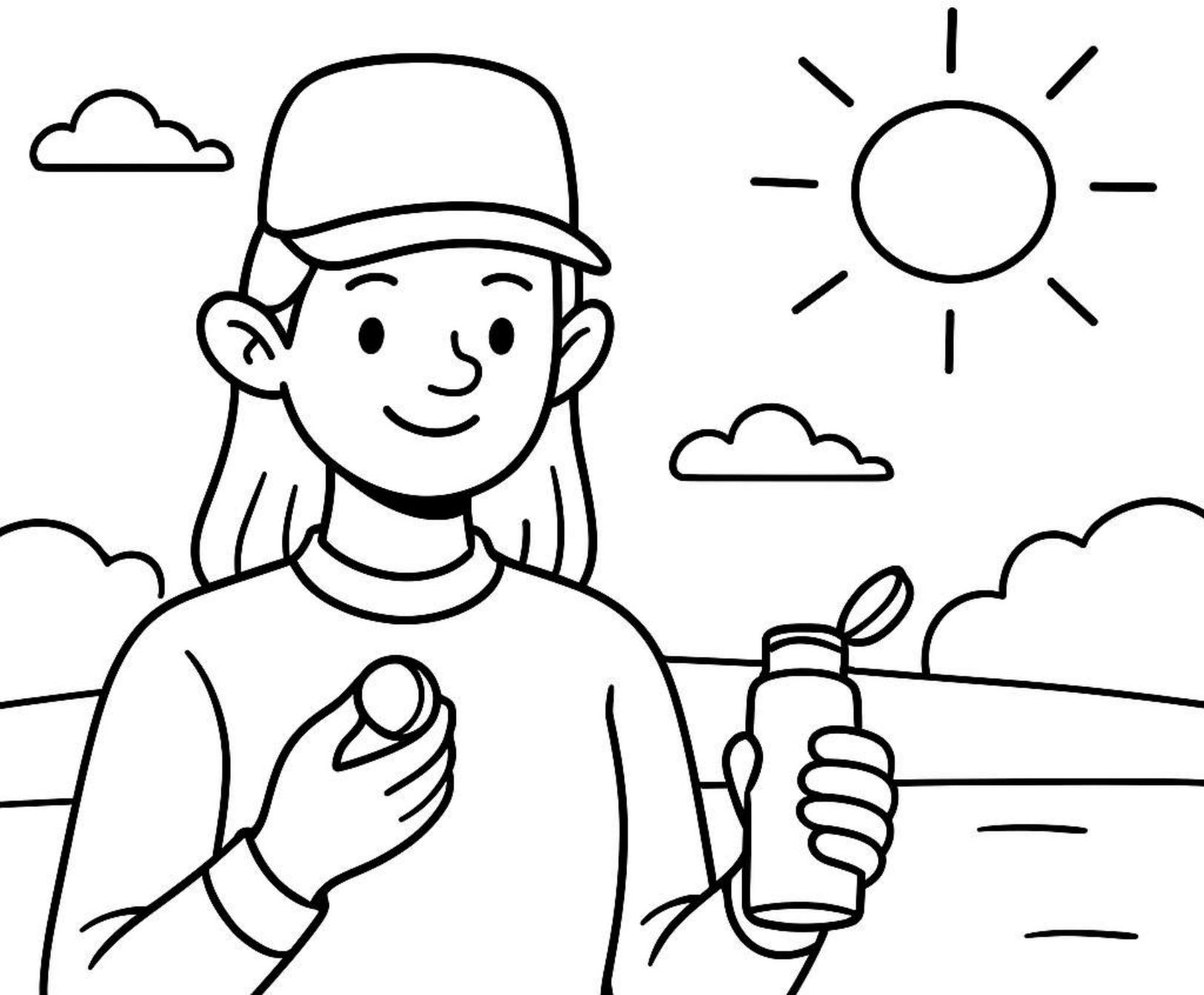
WALK, DON'T RUN

Walk around the pool. Don't run.
Pool decks can be very slippery.



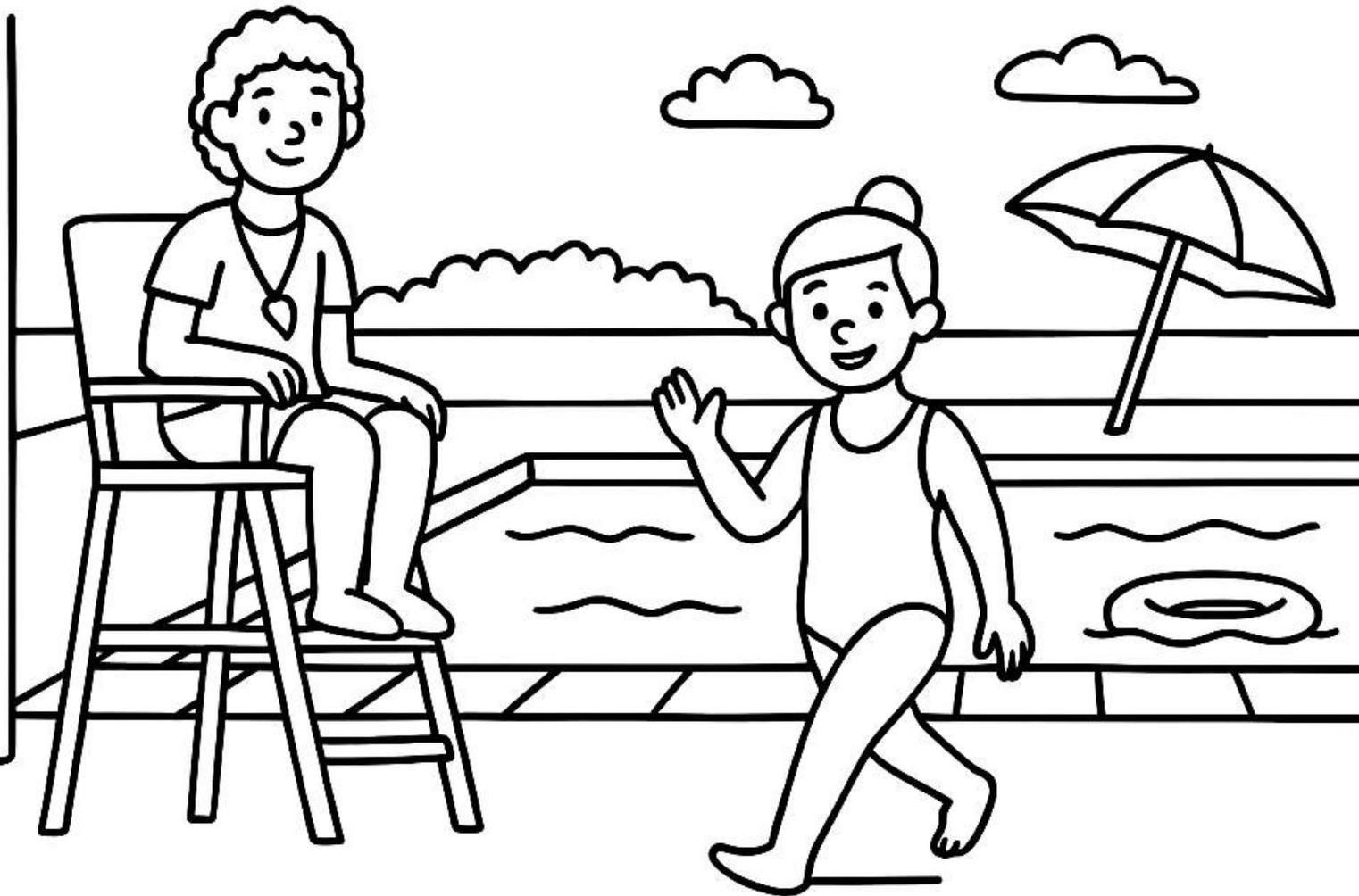
PROTECT YOUR SKIN

Stay safe from the sun. Wear sunscreen, a hat, and a long-sleeved swim shirt.



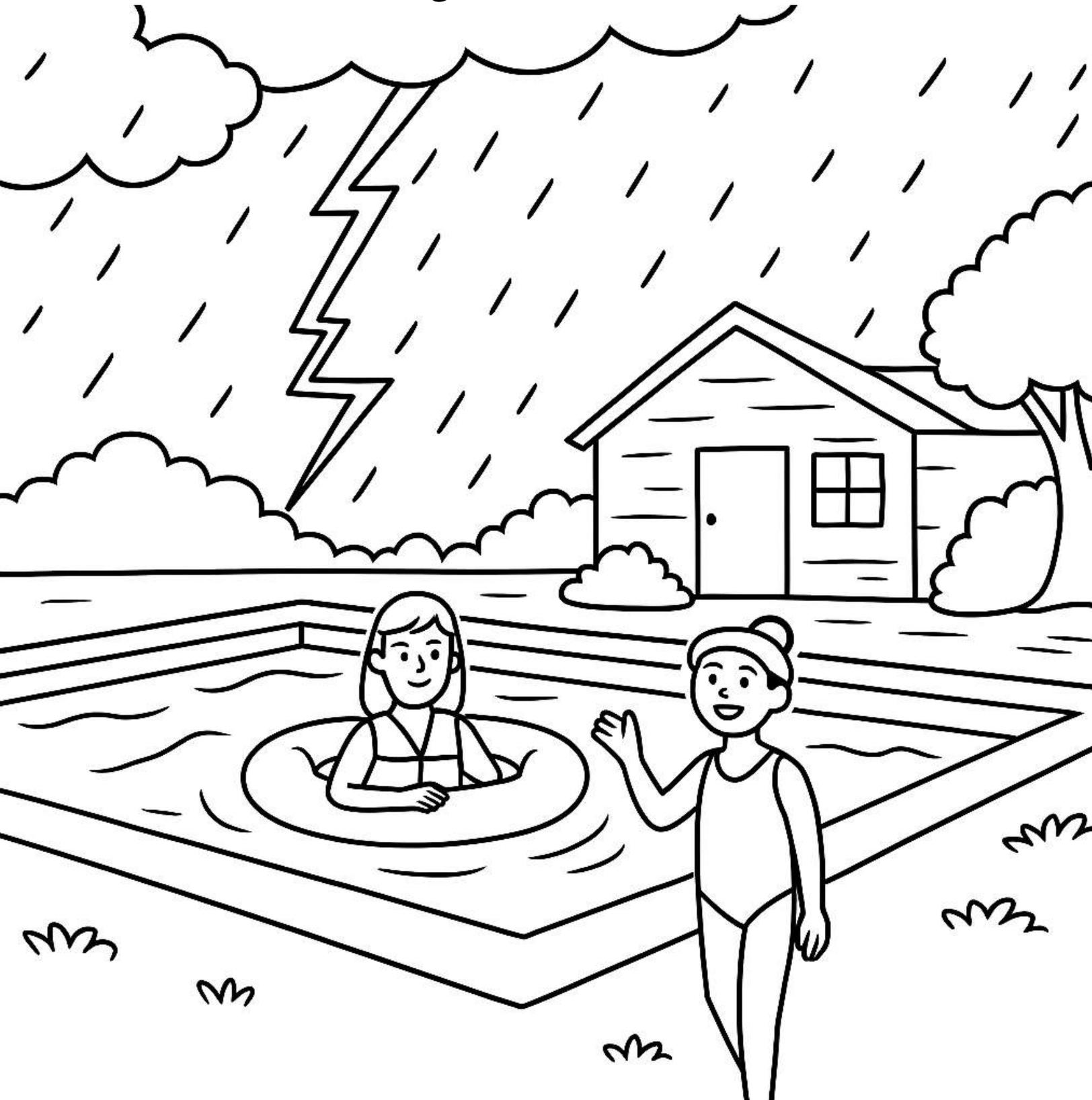
LISTEN TO THE LIFEGUARD

Always listen to lifeguards.
They're at the pool to keep you safe.



TAKE COVER

Remember, when thunder roars,
go indoors.



WEAR A LIFE JACKET

Wear a life jacket for open water activities like paddle boarding, boating, or kayaking.



RESPECT SEA LIFE

Sea creatures are fascinating and beautiful, but it's important to not touch them.



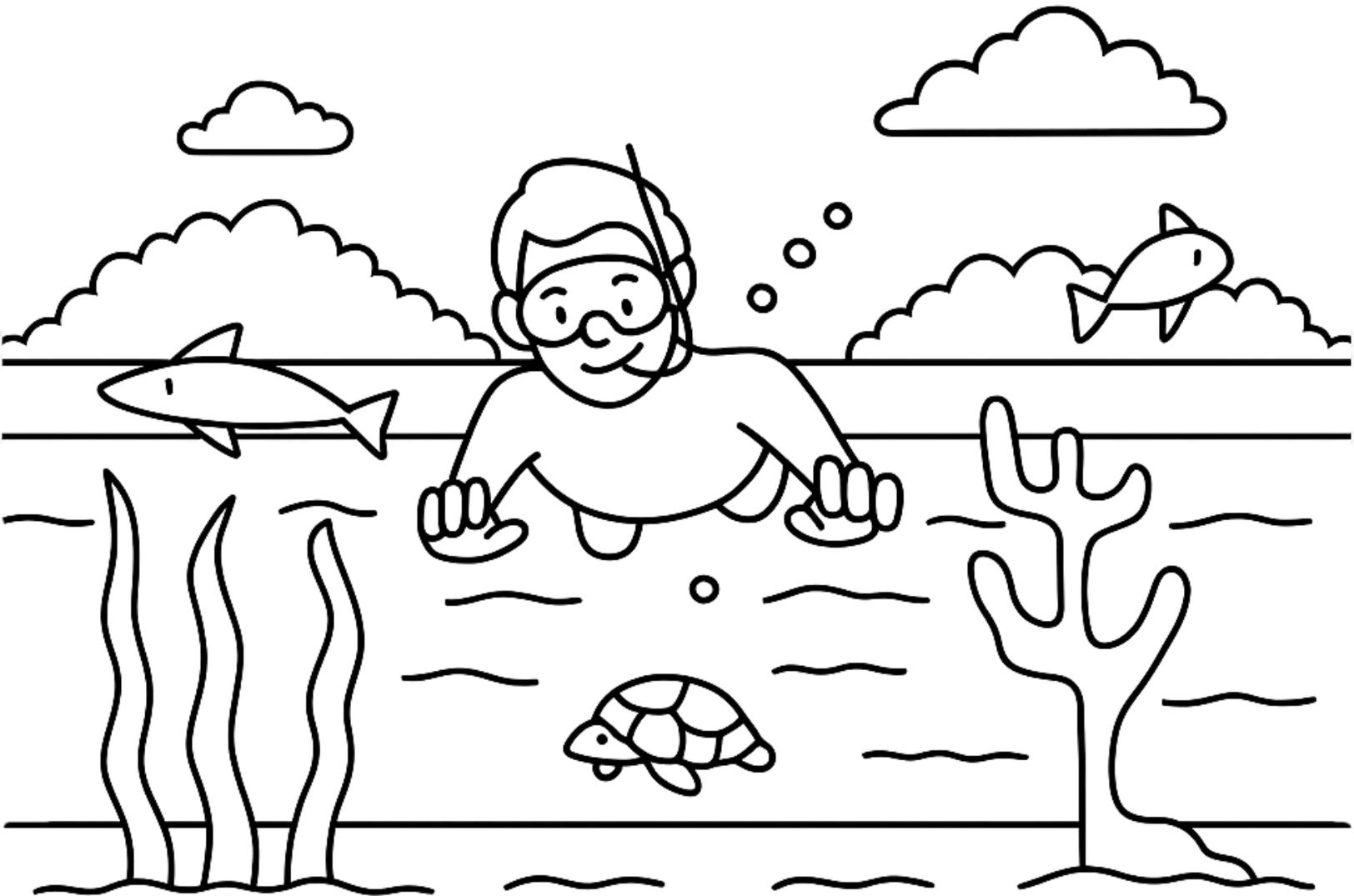
JUMP OUT!

Jump away from the wall into the pool.
Swim back to the edge and repeat.



WEAR GOGGLES

Wear goggles to see under water and keep your eyes safe too.



HAVE FUN!

Have a blast and keep having fun.
Remember to be safe around the water!



BLOW BUBBLES

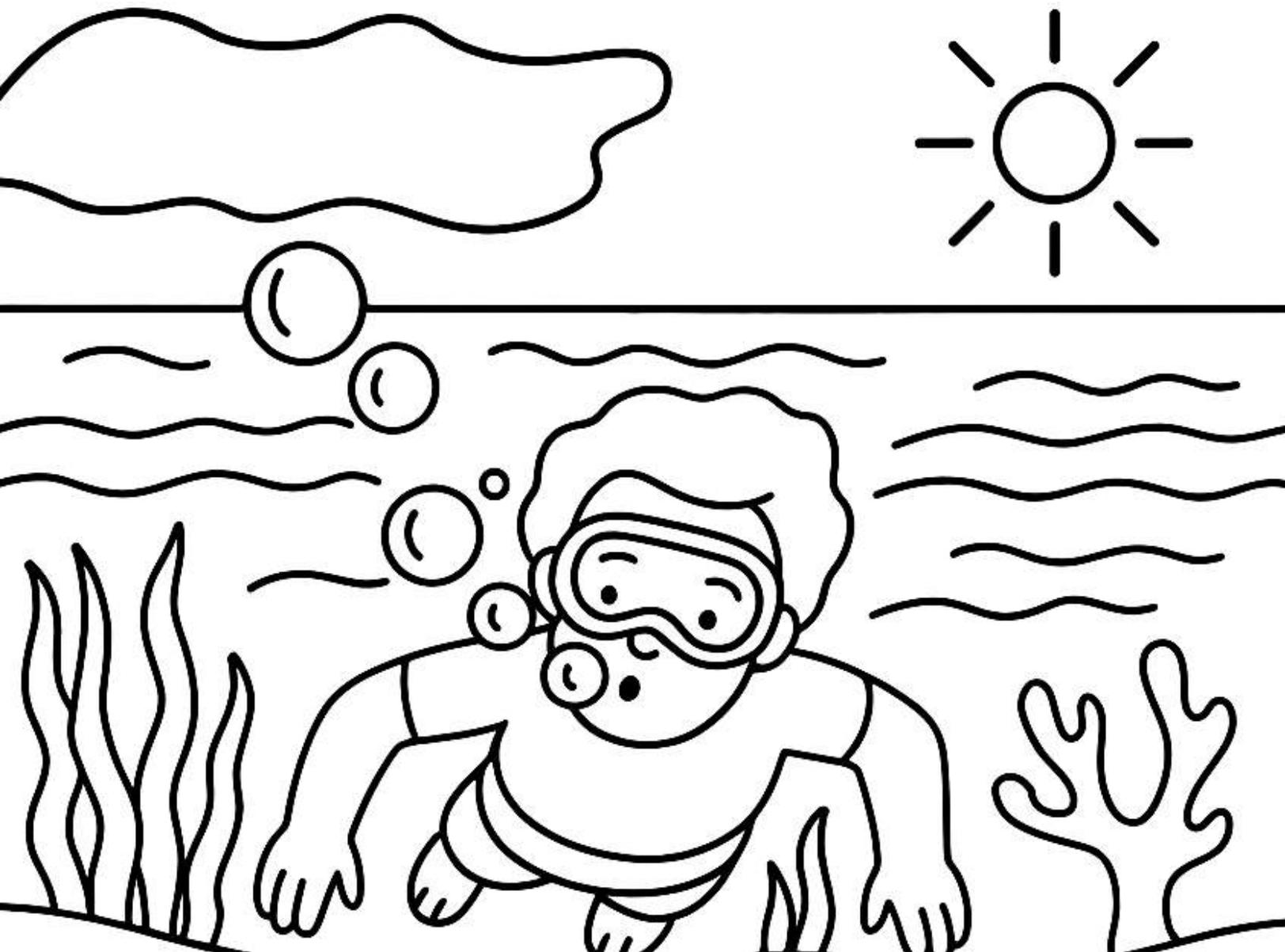
Take a breath and close your mouth.
Slowly blow air out of your nose.



MORE BUBBLES

Ready for the next step?

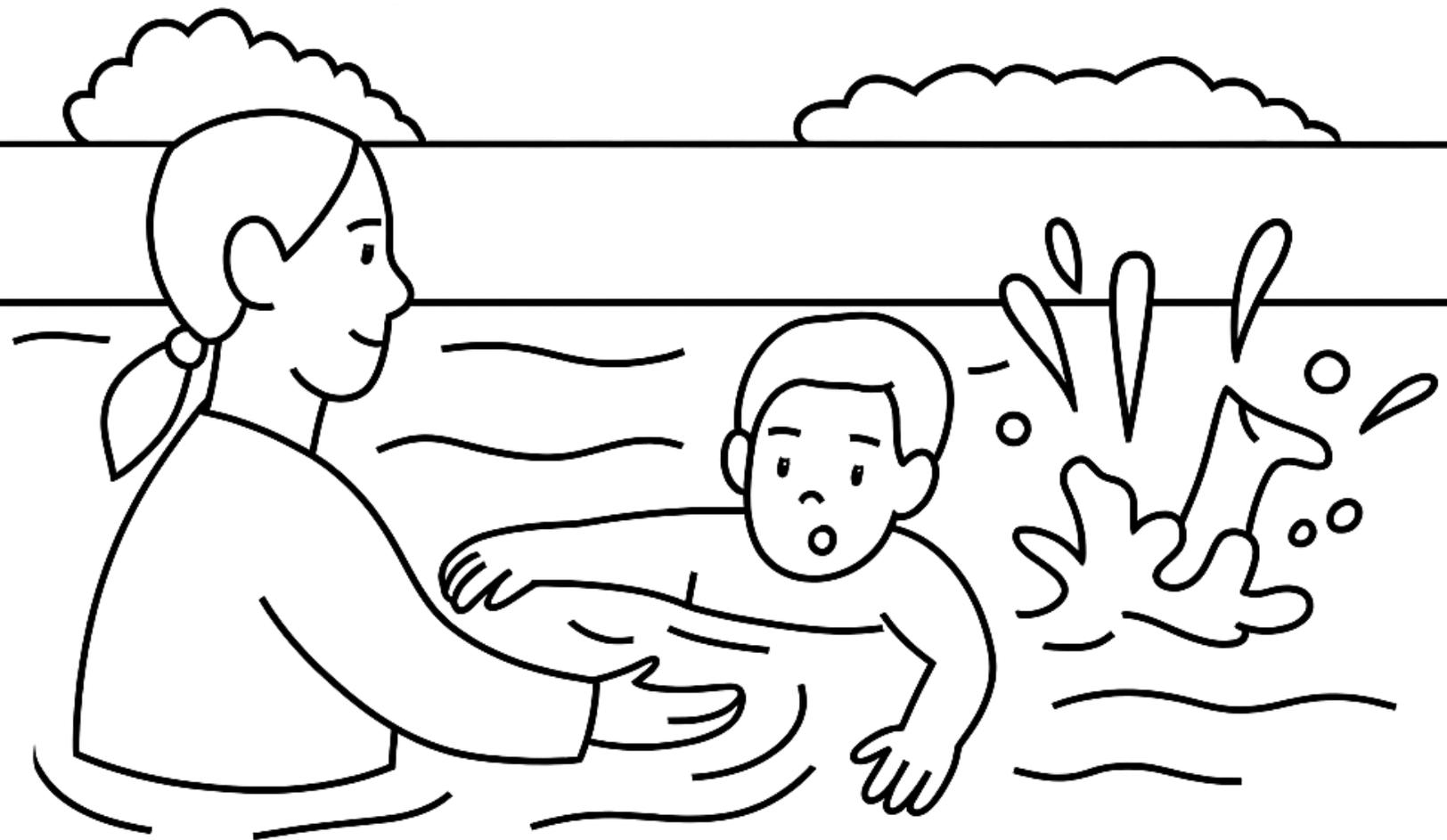
Slowly blow bubbles and put your face
underwater at the same time. You can
practice in the bathtub too!



TIME FOR KICKS

Have your grown up help you by holding your hands or belly.

Kick your feet and splash your toes! Try kicking your feet and blowing bubbles.



LET'S FLOAT

Lay on your back, look up at the sky.
Put your ears and toes in the water.

Have your grown up help.



USE YOUR ARMS

Now use your ready to use your arms.

Have your grown up hold you and make
big scoops with your arms to the wall.
Just like an excavator.

Try it again and blow bubbles too.

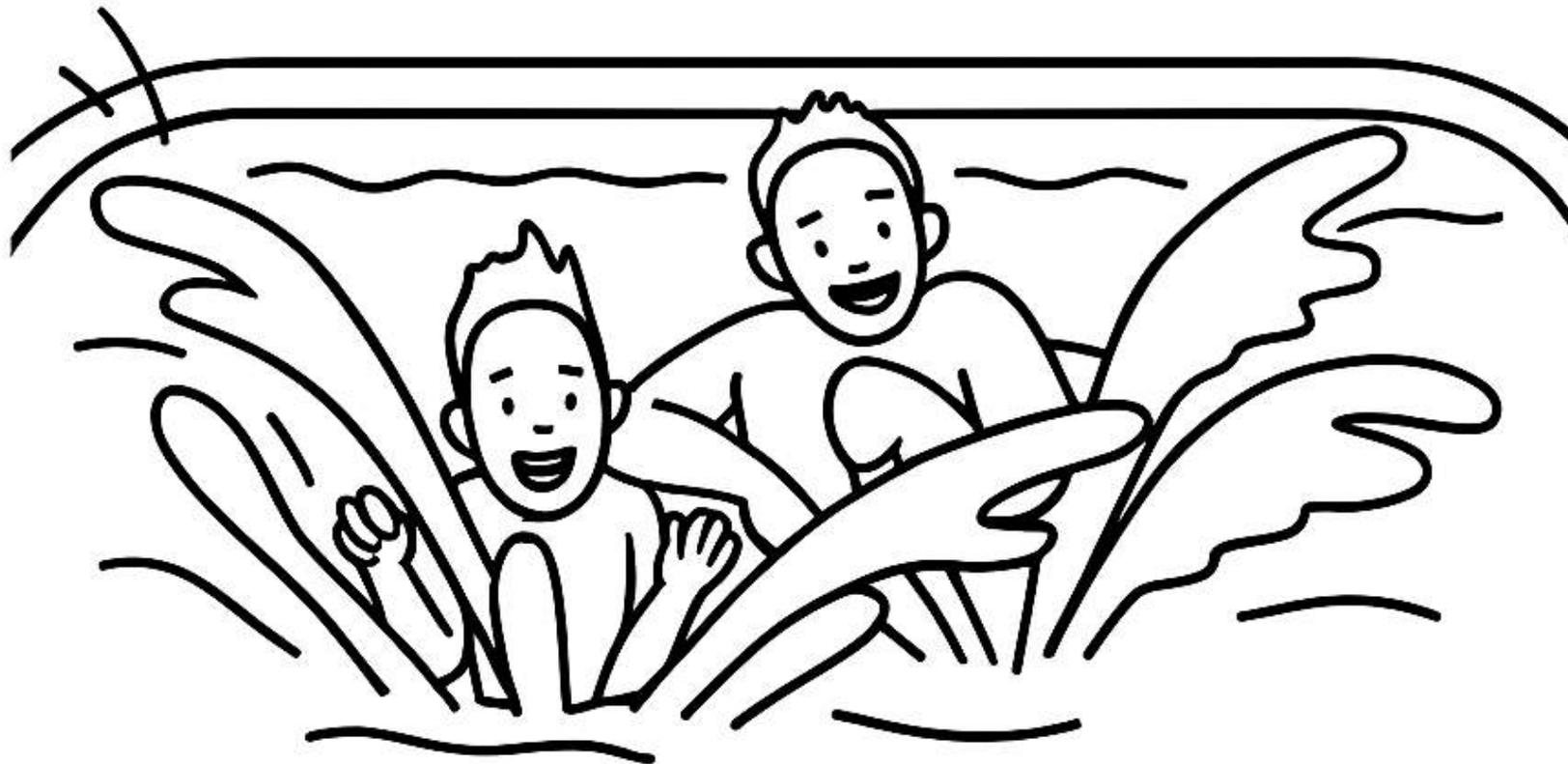


JUMP & SWIM

Jump into the water to your grown-up.

Scoop your arms and splash your toes.
Swim back to the wall and repeat.

With a little bit of time, you'll be
swimming before you know it!



NEED MORE HELP?

I would love to help you learn how to swim! Visit my free group on the Skool app for resources to:

 Learn how to swim

 Be water safe

 Free resources

 & More!

Visit bit.ly/43AWEtW to join the group.

Have more questions? Have your grown up send me and email, [Hello@SunshineSwimming.com](mailto>Hello@SunshineSwimming.com)

WORD SEARCH

Can you find all the words?

G R T W A X E J Z W
W Z A K L C K Y W A
T R C A Y C C Z A L
S W I M I H N G T K
U J P C U N U Y E T
L L I F E G U A R D
J V Z P A R B Z E P
S U N S C R E E N O
U J H M B I X I S O
S P L A S H T M N L

SUNSCREEN

LIFE GUARD

WATER

SWIM

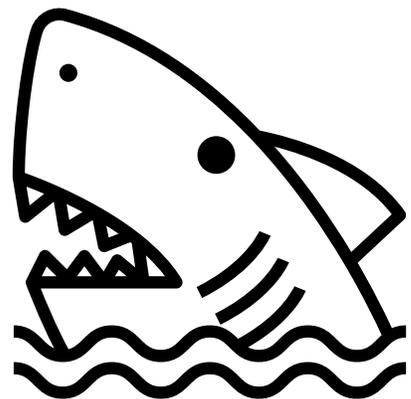
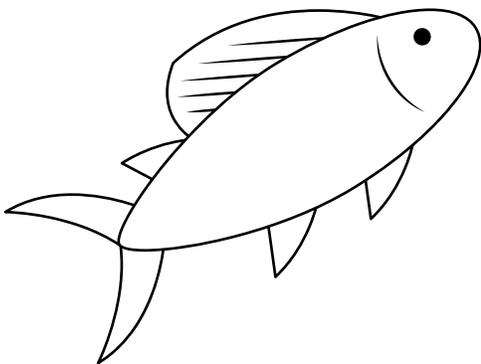
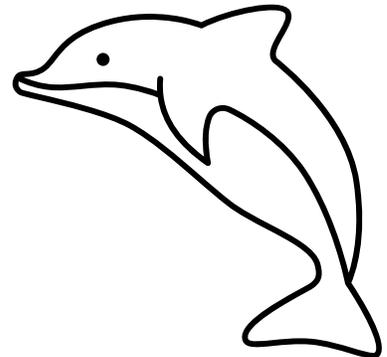
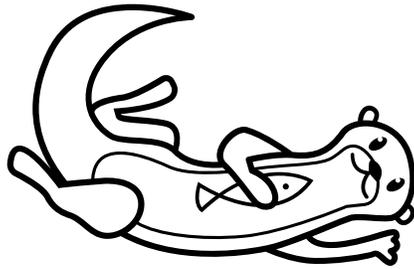
SPLASH

POOL

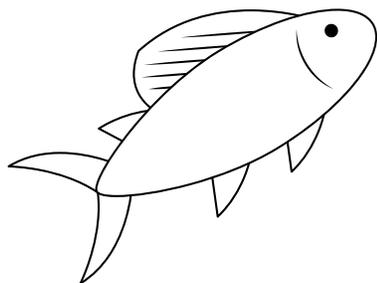
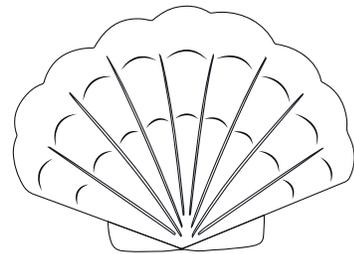
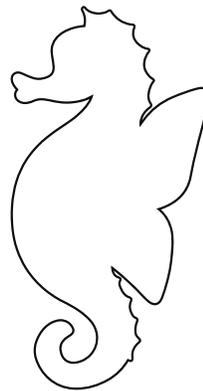
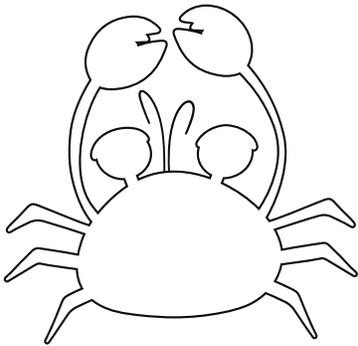
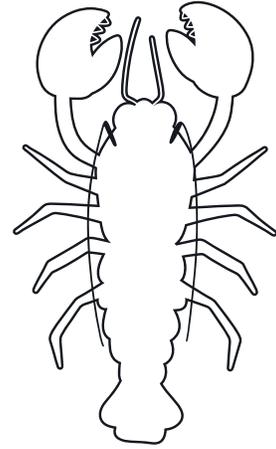
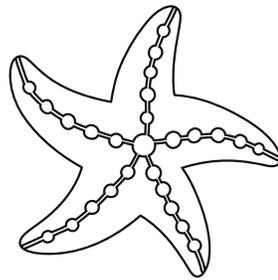
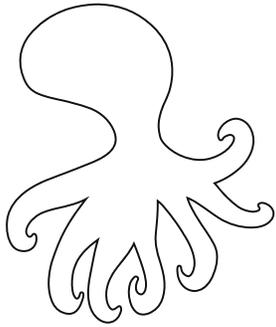
WALK

WHICH ANIMALS SWIM?

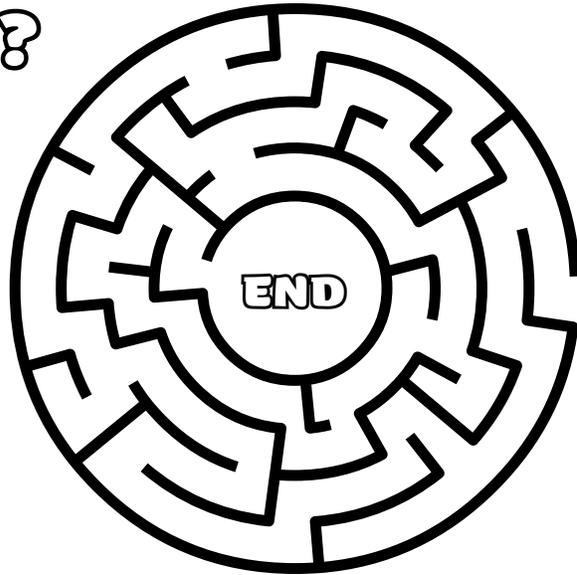
CIRCLE ALL THE ANIMALS THAT CAN SWIM



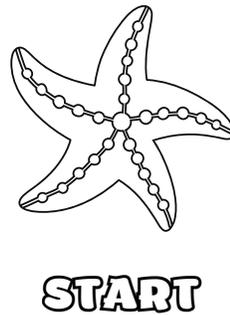
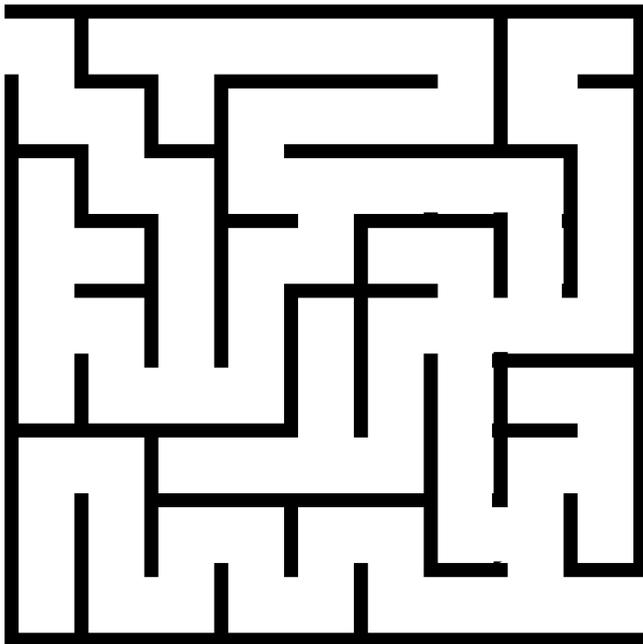
**Can you name
these sea animals?**



**CAN YOU HELP
SALLY THE
STARFISH
GET THROUGH
THE MAZE?**



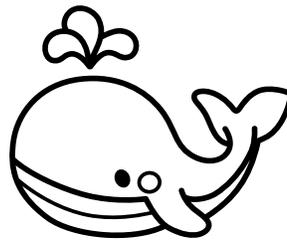
END



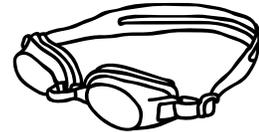
WORD MATCH GAME

Draw a line to connect each word to what it describes.

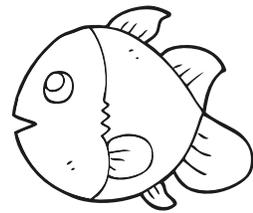
Whale



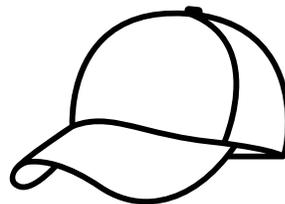
Goggles



Ball



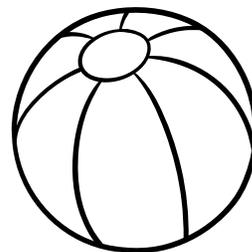
Sunscreen



Fish

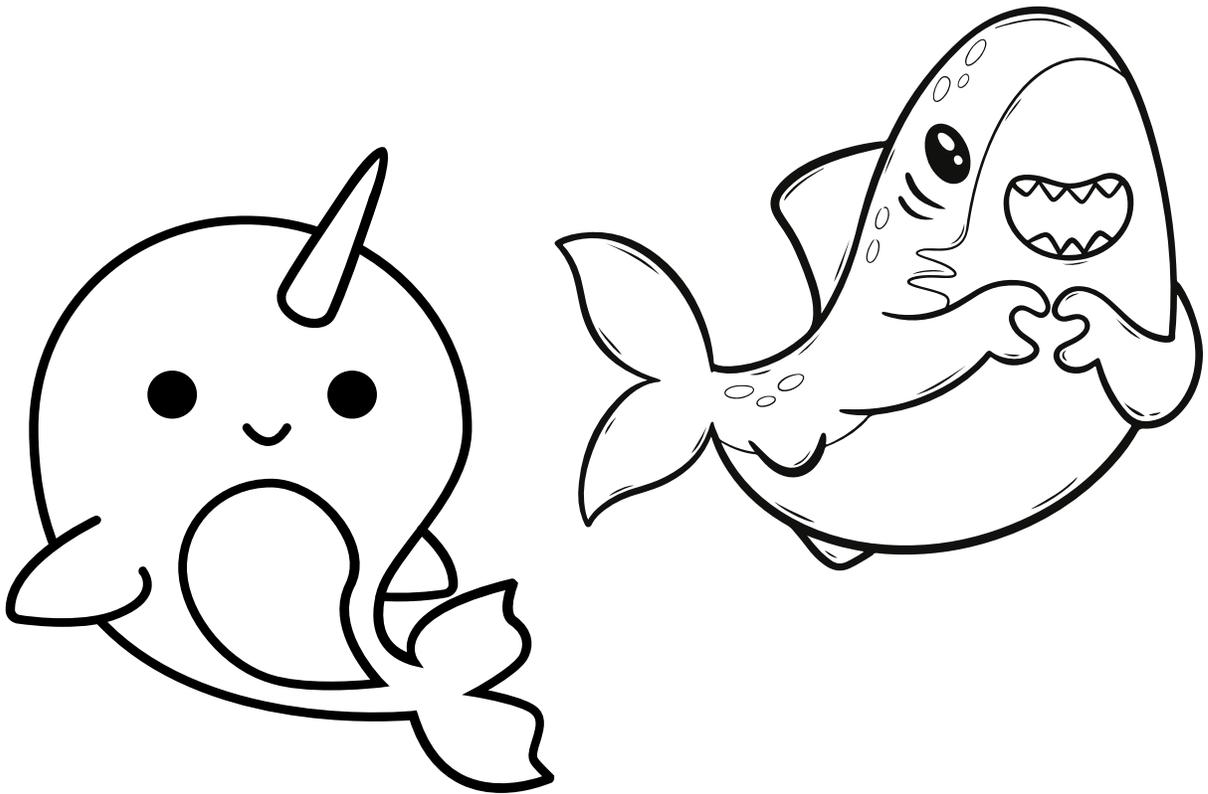


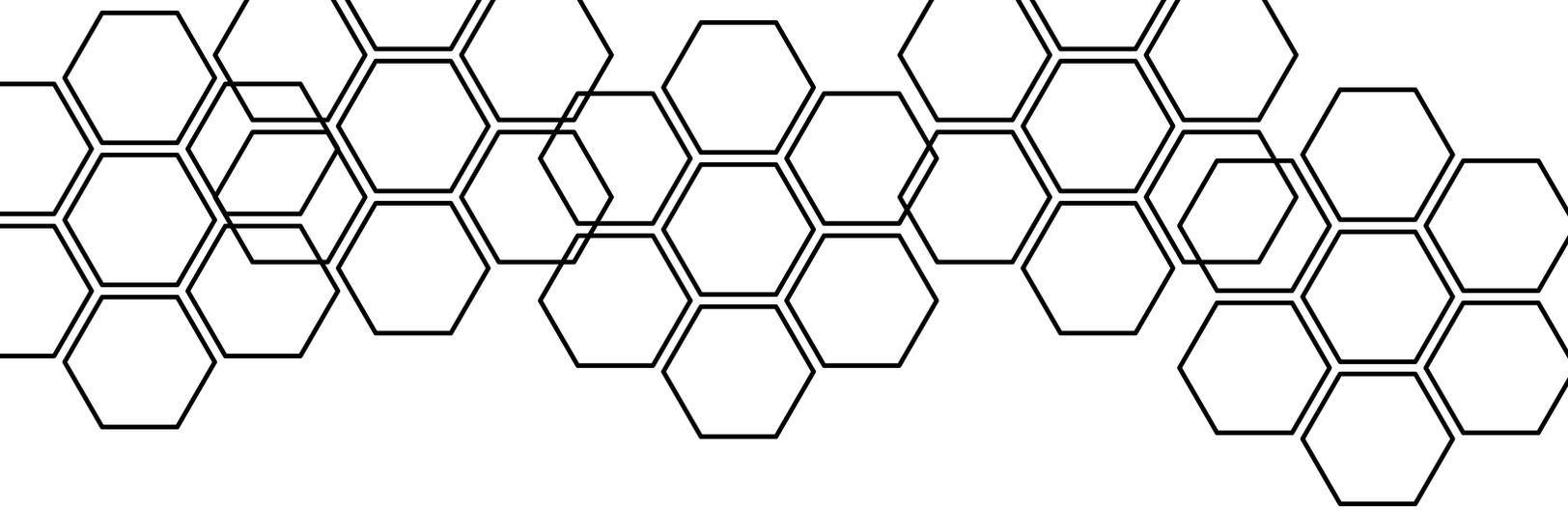
Hat



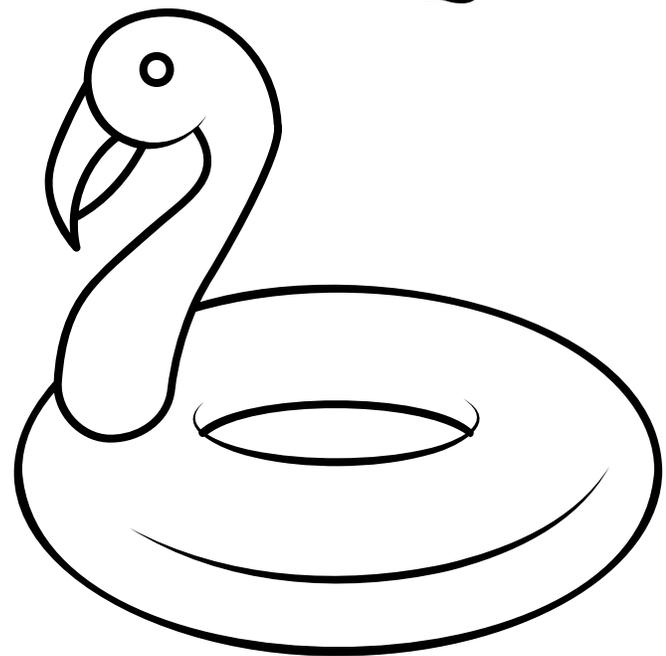
ALWAYS SWIM WITH A BUDDY

it's safer and more fun to splash
around with a friend!

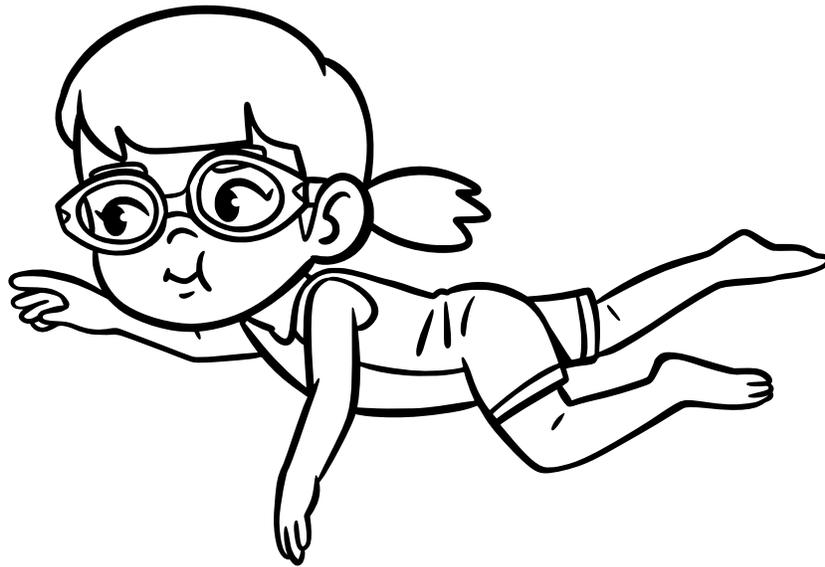




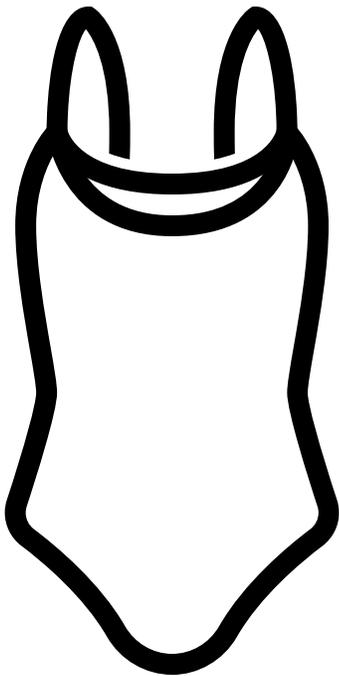
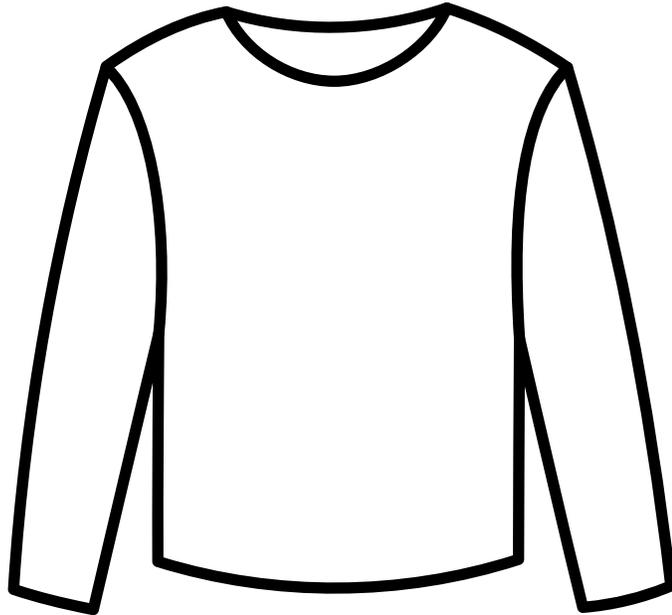
**Before you dive in,
always check
with a grown-up!**



**Keep calm and
swim smart**

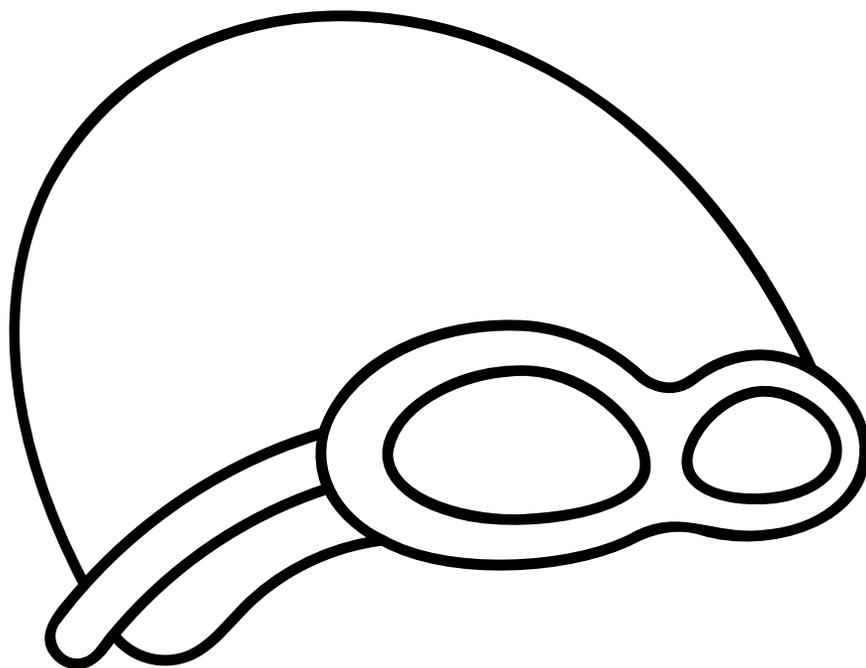


DESIGN YOUR OWN SWIMSUIT



DESIGN YOUR OWN SWIM CAP

DRAW YOURSELF WEARING YOUR SWIM CAP



THANKS!

I hope you have enjoyed this coloring book.

I also hope you had a fun time learning more about how to be safe around the water too!

Thank you for supporting a small business!

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[amazon.com/author/tappanpublishing](https://www.amazon.com/author/tappanpublishing)

You can find more resources on
[SunshineSwimming.com](https://www.sunshineswimming.com)

Are you a teacher? Check out my TPT store:
www.teacherspayteachers.com/store/sunshine-swimming

WORD SEARCH

Answer Key

G	R	T	W	A	X	E	J	Z	W
W	Z	A	K	L	C	K	Y	W	A
T	R	C	A	Y	C	C	Z	A	L
S	W	I	M	I	H	N	G	T	K
U	J	P	C	U	N	U	Y	E	T
L	L	I	F	E	G	U	A	R	D
J	V	Z	P	A	R	B	Z	E	P
S	U	N	S	C	R	E	E	N	O
U	J	H	M	B	I	X	I	S	O
S	P	L	A	S	H	T	M	N	L

SUNSCREEN

SWIM

WALK

LIFE GUARD

SPLASH

WATER

POOL