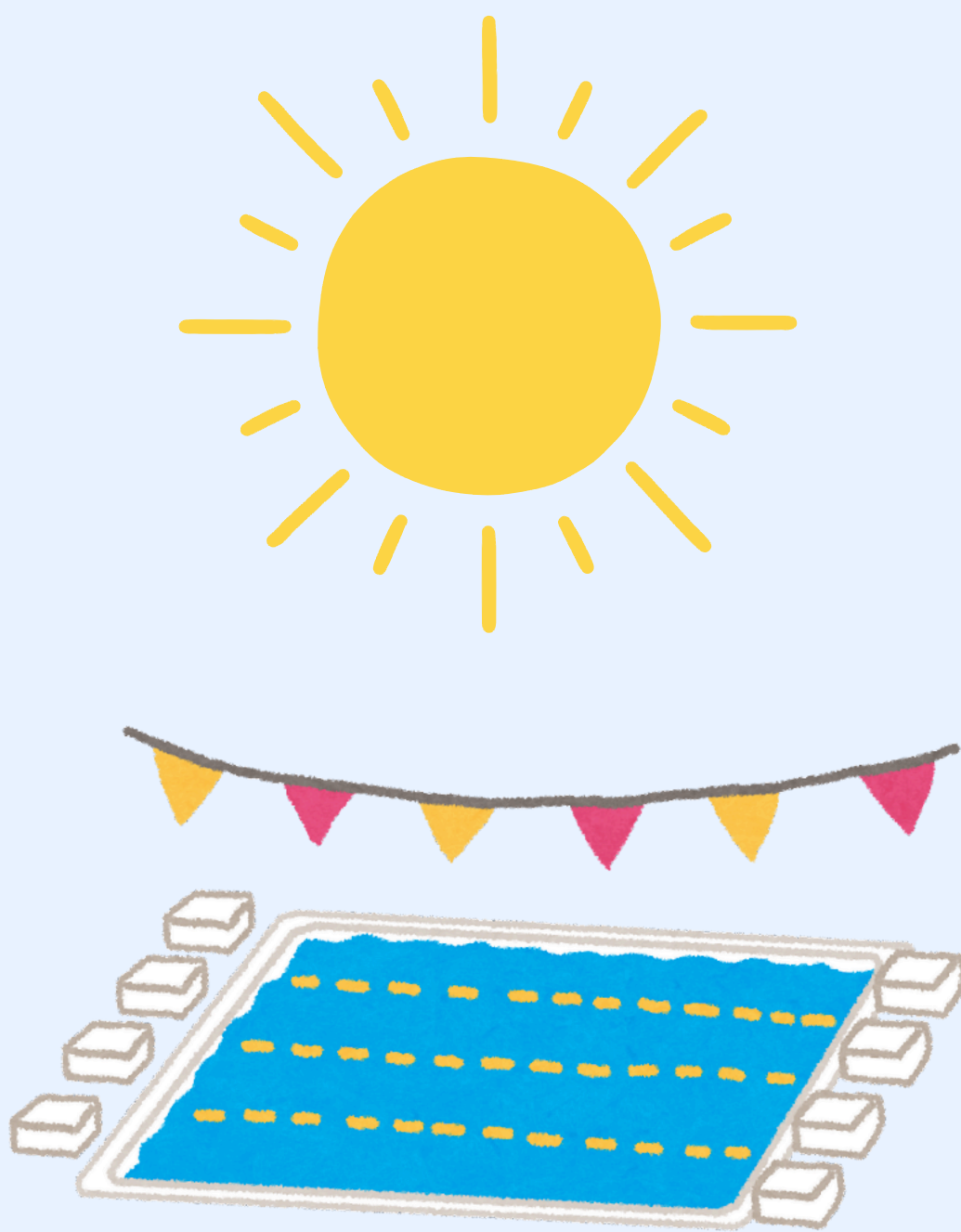


SWIM INTO SUMMER

with the Bedford Health Department

Summer 2025



Make a splash this summer by learning about swim safety and signing up for swimming lessons!

Bedford Health Department

781-275-6507

health@bedfordma.gov

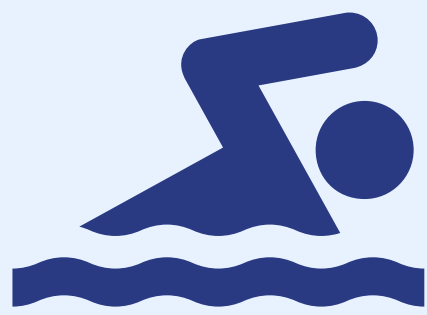


Swim Safety

The Importance of Swim Lessons

Basic swimming and water safety skills training can reduce the risk for drowning.

The best way to learn these skills is through formal swim lessons with a certified instructor.



Drowning Statistics

Gathered from the Centers for Disease Control and Prevention (CDC) and Massachusetts Department of Public Health (MDPH)

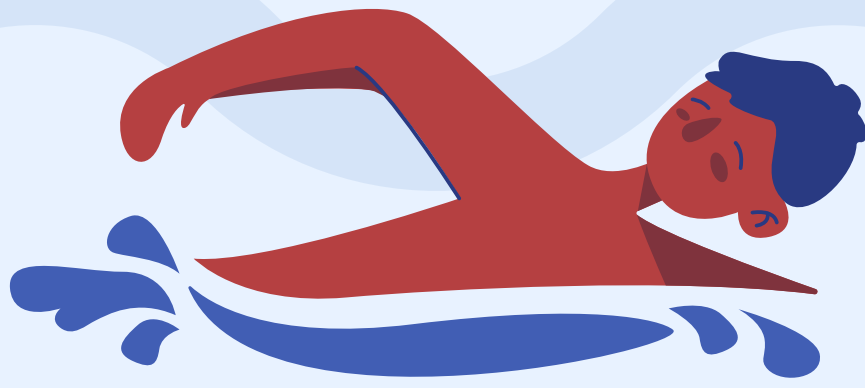
National Data

- Each year, there are 4,000 fatal drownings and over 8,000 nonfatal drownings in the United States.

Massachusetts Data

- In children ages 1-17 years, the majority of drowning deaths occur among children ages 5-9 years, followed by children ages 1-4 years.
- There are more unintentional drowning deaths among adults (18 years and older) than in children (17 years and younger).
 - Alcohol was involved in 7% of adult drowning deaths.

Swim Safety Tips



- Ensure an attentive adult is supervising children in and around water. The adult should not be using substances or be distracted by technology.
- Whenever infants and toddlers are in and around water, an adult should be within an arm's length at all times, providing "touch supervision".
- Teach children to ask for permission before going near bodies of water.
- Select public swimming sites that have certified lifeguards whenever possible.
- Always swim with a buddy.
- Wear bright-colored bathing suits, preferably neon.
 - Light-colored, blue, and green bathing suits can blend in with the water and debris, making it difficult to see the swimmer.
- If a personal flotation device is needed, swimmers should be use a properly fitted, USCG approved life jacket.
 - Do not use toys such as "water wings" or "noodles". These can be dangerous for swimmers.

DCR Swim Lessons



The Department of Conservation and Recreation (DCR) is offering *free* swim lessons through the American Red Cross Learn-to-Swim Program for children ages 4-12 years.

DCR will offer three separate sessions of swim lessons. Each session consists of 8 lessons spread out over a two-week period.

Sessions

Session 1: June 30th–July 11th

*No swim lessons on July 4th

Session 2: July 14th to July 25th

Session 3: July 28th to August 8th

*Subject to Instructor Availability

Online Registration



To learn more and/or to register for swim lessons, scan the QR code or click [here](#) to be directed to the DCR website.

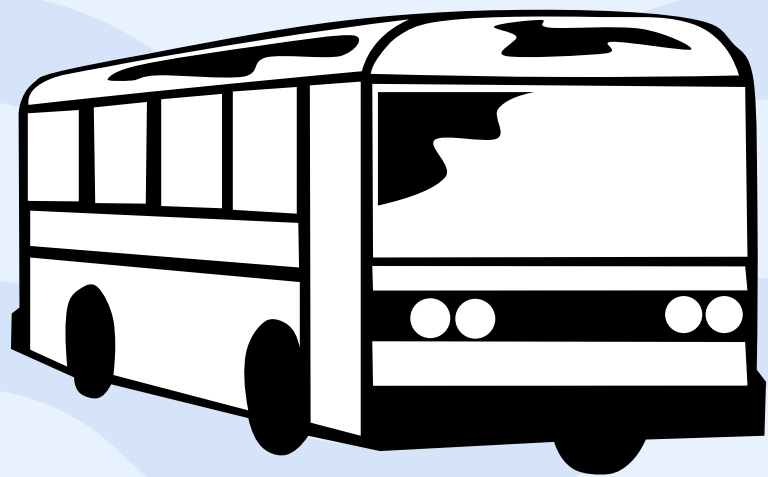
DCR Swim Lessons



DCR Pool Locations

- **Agawam**, Gerald J. Mason Memorial Swimming Pool – Mon, Tues, Wed, Fri
- **Boston**, Reilly Memorial Pool – Mon, Tues, Wed, Fri
- **Cambridge**, Francis J. McCrehan Memorial Swimming & Wading Pool – Tues, Wed, Thurs, Fri
- **Cambridge**, Veterans Memorial Pool – Tues, Wed, Thurs, Fri
- **Chicopee**, Sarah Jane Sherman Memorial Swimming Pool – Mon, Wed, Thurs, Fri
- **Clinton**, Philip J. Weihl Memorial Swimming Pool – Tues, Wed, Thurs, Fri
- **Fall River**, Vietnam Veterans Memorial Swimming Pool – Mon, Tues, Wed, Fri
- **Fitchburg**, Gustave Johnson Memorial Swimming Pool – Mon, Tues, Thurs, Fri
- **Hyde Park**, Olsen Swimming Pool – Mon, Wed, Thurs, Fri
- **Milford**, Sen. P. Eugene Casey Memorial Swimming Pool – Mon, Tues, Wed, Fri
- **Roxbury**, Melnea A. Cass Memorial Swimming Pool – Mon, Tues, Thurs, Fri
- **Somerville**, Latta Brothers Memorial Swimming Pool – Tues, Wed, Thurs, Fri
- **Springfield**, John H. Thomas Memorial Swimming Pool – Mon, Tues, Thurs, Fri
- **Watertown**, Dealtry Memorial Pool – Mon, Tues, Wed, Fri
- **Worcester**, Dennis F. Shine Memorial Swimming Pool – Tues, Wed, Thurs, Fri

Public Transport



62 Bus:

Bedford VA Hospital → **Alewife Station**

- Pool locations in **Boston, Cambridge, Hyde Park, Roxbury, Somerville, and Watertown** are accessible through the MBTA bus (Route 62) and Alewife Station.
- The Route 62 bus runs from the Bedford VA to Alewife Station, with multiple bus stops throughout Bedford.
- At Alewife, you can access the subway and other buses.
- **The Francis J. McCrehan Memorial Swimming & Wading Pool is a 2 minute walk from Alewife Station!**
- [Click here for the Alewife Station Schedule](#)
- [Click here for the 62 Bus Schedule](#)

Swimming Lessons in and near Bedford



There are swimming pool locations in and around Bedford that offer swim lessons for a fee. Pricing varies based on location.

Locations in Bedford

Bedford Summer Adventures: recreation day program that offers swim lessons for grades 1-4 at Springs Brook Park.

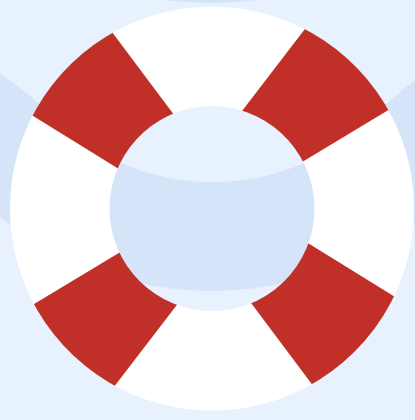
Springs Brook Park: community swim facility operated by the Bedford Recreation Department. Swim lessons offered to those 4 years and older.

Wedgewood Club: offers swim and dive lessons to club members.

Locations near Bedford

Goldfish Swim School: indoor pool that offers swim lessons for those 4 months to 12 years old.

How to Secure Your Pool



Pool owners are responsible for ensuring their pool is safe and secure.

- Pools must be completely surrounded by a barrier (like a fence, building wall, or combination of the two) that obstructs access to the pool.
- Gates must be equipped with a locking and self-latching device.
- Remove floats, balls, and other toys from the pool after use so that children are not tempted to reach for them.
- After children are done swimming, secure the pool so they cannot get back in.
- Keep rescue equipment (like a life preserver) and a phone near the pool.

Please note there are requirements not listed here that are required by the Town of Bedford in order to operate a private swimming pool.

Click [here](#) to view these requirements, or scan the QR code to the right.



Questions?

**Contact the Bedford
Health Department at**

781-275-6507

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