



DOLPHIN U SUMMER SWIM BUCKET LIST

8 FUN WAYS TO MAKE A SPLASH
AND STAY SAFE ALL SUMMER LONG!

1

VISIT A COMMUNITY POOL



Explore a new pool in your community! Every pool adventure helps you build confidence.



2

VISIT THE BEACH AND SPOT THE LIFEGUARD TOWER



See if you can spot the lifeguard tower first! Talk about how lifeguards help keep everyone safe.



3

BE A WATER WATCHER HELPER



Help remind adults to be Water Watchers and know where life jackets are. Safety starts with all of us!



4

TRY ONE NEW SWIM SKILL



Be brave and try something new in the water! Small steps today lead to big success tomorrow.



5

READ A BOOK ABOUT THE OCEAN



Dive into an ocean adventure! Visit your library and find a book about the sea, animals, or explorers.



6

LEARN ONE AMAZING WATER FACT



Pick a marine animal or water topic and become the family expert. Share what you learn!



7

TAKE YOUR WATER WATCHER ON AN ADVENTURE



Bring your Dolphin U Water Watcher to the pool, beach, lake, or on vacation. Snap a photo (after swim time!) and tag us on social media!



8

SET A SUMMER SWIM GOAL



What would you like to accomplish by the end of summer? Write it down and keep going!



COMPLETE 5 OR MORE AND SHARE
YOUR PROGRESS WITH US!

Tag @DolphinUSwimLA and use #DolphinUSummer

DOLPHIN U

Because learning doesn't have to be dry.