

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the Healthiest State in the Nation

**FOR IMMEDIATE RELEASE**

April 30, 2015

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(850) 983-5200, ext. 175

**BE SAFE AT THE POOL - LEARN TO SWIM**

**Milton, FL** - The weather is heating up and for many in Florida that means it is time to cool off in the pool. While a day spent at the pool can be fun, injuries and illnesses due to water-related activities increase during this time of year. According to the Centers for Disease Control (CDC), about 10 people each day die from drowning and the highest rate of drowning is among children between the ages of 1 and 14 years. One of the main reasons people drown is because they do not know how to swim.

Swimming lessons are available at several locations throughout Santa Rosa County, including these locations:

Betty J. Pullum Family YMCA of Northwest Florida  
(850) 936-0049  
[www.ymcanwfl.org/locations/pullum](http://www.ymcanwfl.org/locations/pullum)

Club II  
(850) 934-6693  
<https://www.facebook.com/club2health/>

Nine Mile Swim School  
(850) 479-8311  
<http://9mileswim.com/index.php/swim-lessons>

University of West Florida  
(850) 474-2497  
<http://uwf.edu/offices/recreation-and-sports-services/aquatics/aquatic-center-information/>

Gospel Projects Youth Athletics  
(850) 623-4671  
[http://youthathleticclub.org/summer\\_camp/aquatics.html](http://youthathleticclub.org/summer_camp/aquatics.html)

Brewton YMCA  
(251) 867-9622  
<http://www.brewtonareaymca.org/>

Pensacola Roger Scott Pool  
(850) 595-1218  
<http://www.playpensacola.com/pages.asp?pageID=12485>

**Florida Department of Health**

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**www.FloridaHealth.gov**

TWITTER: HealthyFLA  
FACEBOOK: FLDepartmentofHealth  
YOUTUBE: fldoh  
FLICKR: HealthyFla  
PINTEREST: HealthyFla

Pensacola State College  
(850) 484-1311  
[kmillier@pensacolastate.edu](mailto:kmillier@pensacolastate.edu)

Waterproof Florida also encourages “layers of protection” that include supervision, barriers and emergency preparedness. You can learn more about the layers at their website, <http://www.waterprooffl.com/>.

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The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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