

Swim Lessons

The weather is heating up and for many Floridians this means it's time to cool off in the pool. While a day of playing in the pool can be fun, injuries and illnesses due to water-related activities increase during this time of year.

Waterproof Florida encourages layers of protection that include supervision, barriers and emergency preparedness. You can learn about the layers on the [WaterproofFL website](#).

In our community, swim lessons are being offered by the following groups:

- The Swim Squad www.theswimsquad.com 352-375-8080
- Gainesville Swim Lessons www.gainesvilleswimlessons.com 352-519-4636
- Sun Country Sports Center www.suncountrysports.com 352-331-8773
- H Spurgeon Cherry Pool 352-334-2187
- North Central Florida YMCA 352-374-9622
- 300 Club www.300clubswimandtennis.org 352-378-2898
- Greater Gainesville Aquatics www.makosaquatics.com 352-372-5626