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to learn to swim first understand safety before you get in the water you should never try to learn to swim on your own always make sure an adult instructor or lifeguard is watching you or helping you learn next get comfortable by learning how to hold your breath to hold your breath take a long inhale and wait to exhale learning to swim significantly reduces the risk of drowning find swim lessons near you to provide water safety education to you and your child learning to swim is both a survival skill and a good way to get exercise we ll give instructions on how to do certain strokes as well as beginning tips for adults and kids to help teach new yorkers to swim nyc parks is offering swimming lessons for people of all ages at our pools we offer learn to swim classes for toddlers 1 1 2 to 5 years old children 6 to 17 years old adults 18 years old or older and seniors 62 years old or older learn to teach the basics of swimming to your kids learn to swim front crawl freestyle backstroke butterfly breaststroke tumble turn diving train for your next race or for if you haven t been swimming for a while or don t know how to swim work with a learn to swim instructor to build or refresh your skills

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