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Family Swim Night Hosted by SoutheastHEALTH

JUNE 27TH 2014 BY DEE LOFLIN

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*Written by
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Dexter, Missouri – Summer means sizzling heat and swimming! Jump, splash, and dive, and stay cool in the pool on Family Swim Night!

SoutheastHEALTH and Dexter Parks and Recreation will host a Family Swim Night at the Dexter Aquatic Center. The public is encouraged to attend.

The event will be held Thursday, July 3rd from 5:30 p.m. – 7:30 p.m. There will be door prizes and lots of fun! Cost is just \$3.00 per person.

The first 35 kids that bring their families will receive a FREE T-shirt.

Just a few safety tips to follow:

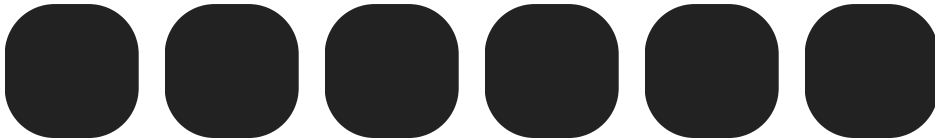
1. Always swim with a buddy.
2. Never leave a young child unattended.
3. Protect your skin with sunscreen.
4. Drink plenty of water regularly and avoid caffeine.

5. Avoid distractions when supervising children.
6. Young children need flotation devices such as arm floaties.

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