



WATER SAFETY CHALLENGE GUIDE



Water safety starts with the simplest skills—and one of the most important is learning how to exhale in the water. Blowing bubbles helps children stay calm, gain confidence, and take their first steps toward becoming safe, happy swimmers. That's what this challenge is all about: celebrating the little milestones that build comfort and safety in the water.

Practice at Home

- ✓ Take a bowl, fill with water.
- ✓ Put your face in it!
- ✓ Exhale, in the water!
- ✓ Cheer them on—every-bubble is progress!

Capture the Moment

- Take a photo or short video of your child or family member blowing bubbles.

Share & Tag


- Post it on social media and tag @GeorgiaSwimSchool.
- Tag another family who might want to join or loved ones who would be proud of your child's milestone.

Why It Matters

- Builds water confidence early—for kids and adults.
- Teaches one of the most important swimming foundations: we don't hold our breath in the water, we exhale under it.
- Creates calm, control, and confidence for every age group.
- Makes water safety fun, simple, and family-focused.
- Spreads awareness so entire communities can feel safer and more prepared around water.

Grab a cup, blow some bubbles, and join the challenge today!

Every bubble brings us closer to a safer community.

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