



Free Swimming, Kayak Lessons Available at Carson Beach

The non-profit environmental advocacy organization, Save the Harbor, will be offering free swimming and aquatics lessons, kayak lessons, and an array of other fun activities for kids, all summer long at Carson Beach. Five days of free programs will be held each week for youth and community groups on one of the cleanest urban beaches in America.

Clamming, crabbing and environmental exploration are other popular activities that will be offered.

This pilot program features partnerships with the following organizations:

- America SCORES: soccer clinics Mondays, Tuesdays, and Thursdays
- Boating in Boston: free kayak instruction on Wednesdays, Thursdays and Fridays

- Greater Boston YMCA: free swim safety and aquatics at the site during high tide

Parental permission is required for swimming lessons and kayak lessons. Funds to support these free programs come from Save the Harbor's Better Beaches Program.

The Boston Harbor Explorers Program at DCR's Carson Beach runs from 9:30 a.m. to 3:30 p.m., Monday-Friday, in July and August.

To find out more about how your group can take part in these programs, visit Save the Harbor's blog, Sea, Sand & Sky at www.blog.savetheharbor.org.