

With you  
every splash of  
the way!



## Babies and Toddlers Swim Checklist

### What do I need to bring?

Making sure you have what you need makes all the difference on your swim journey... We've got spare swim nappies and happy nappies and towels in case you forget something for the pool.



### Swimmers

Comfy swimming gear is important, try them on for size before your first class.

**TOP TIP 1:** wear your swimmers under your clothes for easy changing.

**TOP TIP 2:** if you do the above, don't forget your undies!

Our babies and toddlers wear a neoprene shorts as the first layer and a swim nappy as the second layer. When potty trained our little swimmers just wear the neoprene shorts or jammers until 4 years to keep our pool super clean. We sell Splashabout Happy Nappies, but you are welcome to buy your own, there are many different styles and colours to choose from.

### Pool Shoes

We recommend for you and your child indoor to wear pool shoes (like cros or flip flops) as these are non-slip. Floors are often wet, and they help keep feet clean and dry all the way back into your shoes and socks at the end.

### Goggles and hats

Goggles are a good idea for little ones 3 years and over, we recommend our parents bring a pair to share in the joy of the underwater world. Swim hats in our baby and toddler classes are optional.



### Towels

Fast drying towels are lighter to carry when wet, they come in all sizes and make you feel all yummy and dry. Babies enjoy a hooded towel or comfy robe. Toddlers enjoy choosing their favorite character towel. Invite them to help pack their swim bag, to promote confidence and independence.

### Favorite shampoo and/or shower gel

We all enjoy familiar smells from home, they can evoke security and love.



### Hair brushes and hair bobbles

Keeping hair up and neat for the pool, makes you swim faster and keeps our pools cleaner.



### Snacks

Who doesn't like a yummy snack? A full meal before swimming is not recommended, but a high energy yummy snack before or after class is always good. Don't forget to include yourself too! We've got plenty of water and juice to in our reception areas and comfy sofas for social together times.

### Taking our time

Perhaps the most understated 'thing' to put in your swim bag is time. We all need our time to feel comfortable. When we're allowed our time rather than feeling pushed or rushed, we develop a sense of trust and confidence more quickly.

One more thing ... you might be missing? Although, with all the above it might feel like you are bringing the kitchen sink... YOU! Your presence, your energy, your smile.

**BIG** 

We are with your every splash of the way

