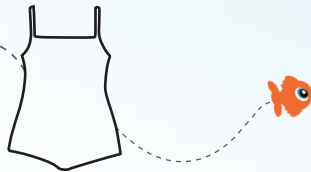


Swim Academy Swim Checklist

What do I need to bring?

Making sure you have what you need makes all the difference on your swim journey...



Confidence starts at home!

Talking about swimming, packing their own bag, choosing their swim kit... the little details all add up to super swimming that shines confidence and independence at an early age.

Favorite swimmers

Comfy swimming gear is important, try their swimmers on for size before the first class.

We recommend all our children wear their swimmers under their clothes for ease of changing, this is called 'swim ready'.

AquaPlanes

We use AquaPlanes in our lessons or as we call them 'rocket packs.' They are light weight and comfy to wear and give just the right balance of safety and buoyancy. We provide all the swim equipment in our classes; you won't need to bring anything. Your child will LOVE our fun swim resources.

Pool shoes

We recommend for you and your child indoor to wear pool shoes (like crocs 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 if they are used to wearing them. We give **FREE** soft comfy swim hats at the first class and have spares if you forget them one week.



Towels

Fast drying towels are lighter to carry when wet, they come in all sizes and make you feel all yummy and dry.

Favorite shampoo and/or shower gel

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



Hair dryers

Our hair dryers will keep your hair warm and dry. Often our Swim Academy children get changed into the 'onesies' at the end of class! Snug, cute and comfy all ready for home.

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. Please eat outside our changing rooms as inside we operate a strict no eating policy for cleanliness and pool hygiene. (You will be amazed at where we find raisins!)

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? YOU! You are an important part of your child's swim journey, our children love looking through our viewing windows to signal you a **BIG** thumbs up!



With you every splash of the way