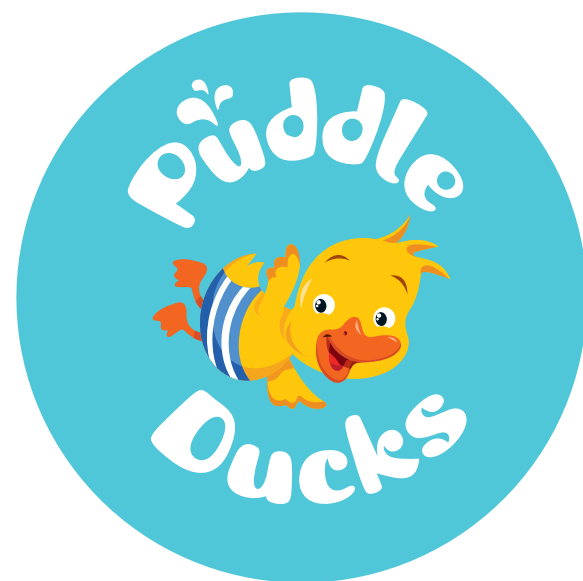


Taking your child swimming with Puddle Ducks!



Bring a BIG bag!

Don't underestimate the amount of stuff you need to take with you and pack a plastic bag to take your wet things home, including swim nappies.

Class Levels: Floaties

0-6 months

Splashers

6-15 months

Kickers

15-30 months

Little Dippers

from 30 months

Dippers

from Little Dippers

Dabblers

from Dippers



Double nappy policy

Unless your child is 30 months old or not fully potty trained you will need to adhere to our [double nappy policy](#)



Handy changing mat

Changing mat in case space is limited in the changing room.

Take a big fluffy towel pool side!

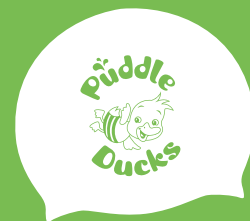
Take a towel pool side with you to wrap your child up as soon as you get out to keep them warm.



Babies & some toddlers can get cold quickly but there's lots of clothing out there to help. Visit our [online shop](#) for ideas.

Goggles & Hats

From Little Dippers goggles are optional. Swim hats can be worn in Dippers & Dabblers.



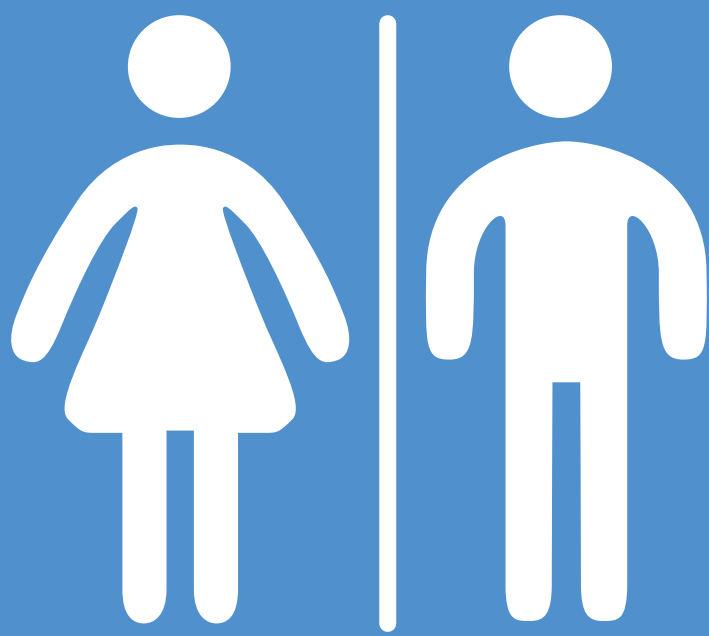
Your stuff!

Towel

Swimwear - Put your swimwear on under your clothes before you go to save time.

£1 or token for locker

Underwear - if you came in swimwear!



Time: Don't be in a rush

Give yourself around 15mins to get yourself and your child changed. This also gives the previous class time to dress & leave the changing room.



A quick shower

Make sure both you and your child have a quick shower before entering the pool.



Getting in!

Your teacher will tell you when & how to enter the pool safely.