

Taking your child to a Swim Academy lesson Let's do this.



What you need in your bag!

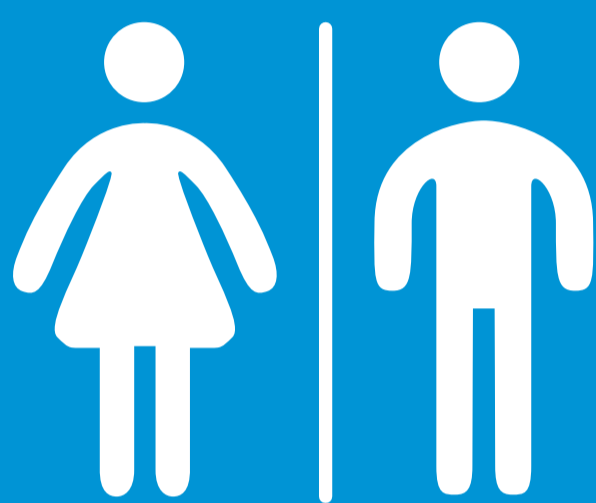
Swimwear, or underwear if your child arrives already in swimwear.

A towel, goggles, swim hat and a plastic bag for wet items after the lesson.



Time: Don't be in a rush

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



Getting Changed!

If your child is over 8 years old they need to use their own gender changing room.

Ask your local team if you have any questions about the changing facilities at the pool you attend.



Swim hats

Get your child to use their thumbs to hold the front of the cap at their forehead while you use both hands to stretch the cap open and pull it over their head.

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You will be given a Swim Academy hat for your lessons



Easy change outfit

Bring a comfy outfit so your child can get dressed/undressed easily. Hoodies & slip-on shoes are popular.

Get your goggles on

Goggles are optional and a lot of our swimmers wear them to give them extra confidence in the water.



Take a big towel pool side!

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



A quick shower

Make sure your child has a quick shower before entering the pool.



Getting in!

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



Let's be awesome!

Encouragement & progress

Take time to log into your 'My Puddle Ducks Account' to see your child's progress and order certificates & badges. Look what your child is working towards and encourage them to do their best.