



SWIMMING LESSON 'CHECK-LIST'

When coming for your lessons, please remember:

1. Swimming costume - **NO baggy shorts or bikinis please!!!**
2. Towel
3. Swim cap
4. Well fitting goggles (if appropriate!)
5. Shower gel and shampoo
6. Warm clothing for afterwards especially in the colder months - woolly hats are a great invention!
7. Arrive in plenty of time for your lesson; arriving late disrupts the whole lesson for everyone and the beginning is very important - for us all!
8. Check in at reception for each lesson; this is important for health and safety and it also gives you and the children a chance to get to know our wonderful receptionists! It can always be done while the lesson is in progress or on the way out if reception is busy on your arrival
9. Change in the cubicles **and please leave them empty for others placing your belongings in one of the many lockers provided for you (£1 coin required)**
This has been asked many times and clothes are still being left in the cubicles
10. If any medication (e.g. inhalers) may be required, please ensure the teacher knows where it is
11. For the 'Tinies' - parents, please be easily visible in case of toilet visits; we are unable to take the children for you
12. **NO CHILDREN MUST SWIM OR BE IN EITHER POOL - UNDER THE AGE OF 8 WITHOUT A RESPONSIBLE ADULT PLEASE** (or if they have not paid either) and there is a limit of 2 children under 8 to each Adult; this is for everyone's safety.
13. Leave the premises happy and content!!!

Thanks. Sal