



Thank you for choosing Swim2Swim for your baby swimming lessons.

Let us help make your first baby swim special so you and baby feel safe, calm and contented. Let us know if you would like more help.



www.swim2swim.com
email: info@swim2swim.com
Call: 01206 212603





Arrival

Allow time to get baby ready at the pool before the lesson. Babies can get fractious arriving too early; grown ups stressed if arriving late!

Both our pools have plenty of parking, please park in the marked bays.

To keep the facilities nice and clean please remove shoes and socks before entering the changing rooms, to make this easier you might like to consider shoes that are easy to remove.

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In the changing rooms

Changing mats are provided, please clean them after use. To keep baby safe, we recommend putting the mat on the floor; the benches are not designed for baby changing.

Ensure babies wear a snug fitting aqua nappy for their lesson, underneath a suitable swim costume. We recommend a one piece costume for adults.

Please take all nappies home; nappy bags are provided.

You can leave your bags (not valuables) in the changing rooms; we suggest taking a hooded towel or robe onto the poolside to snuggle baby in at the end of the lesson.

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At the pool

Enter the pool nice and slowly, talk to you baby as you go to reassure them. Think about how you are feeling, its ok to be nervous, it's the first time for you too. Talk to the teacher if there is anything worrying you or you want to know.

Follow your babies cues, talking, cuddling, reassuring. This will all contribute to helping baby feel safe and secure.

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