

10 ESSENTIALS FOR SWIM LESSONS



SWIMSUIT

No matter what your age, it's important to have a swimsuit that fits properly. It should be snug; you do not want any part of it to slide off of your child's body.

GOGGLES & SWIM CAP

Not only do goggles keep the chlorine out of your eyes, but they also encourage better technique, especially if your child is new to swimming. If your child has longer hair, a hair band or swim cap will help keep the hair out of his or her face.



SWIM DIAPER

Swim diapers or swim diaper covers (which are reusable) are mandatory for any child who is not potty trained at all Borough pools.

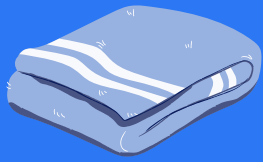
SHOWER SUPPLIES

The chlorine in the pool often leaves your skin dry. Remember to bring shower essentials with you including shampoo, conditioner, body wash, moisturizer and a brush.



WATER BOTTLE

Remember that swimming is a form of exercise. Bring a water bottle to prevent your child from becoming dehydrated.



TOWEL

Bring a towel to the pool deck. It will help keep your child warm when finished his or her lesson. In addition, it prevents water puddles, which are a slip-and-fall hazard.

LOCK

Don't forget to bring a combination or key lock with you to secure your personal items in the locker room. If you love it, lock it up! It's best to keep things like your cell phone, purse and wallet in a safe and dry area.



SNACK

Kids get hungry, especially after a swim lesson. Pack a healthy treat for them to enjoy.

FLIP FLOPS

Footwear that is easy to slide on and off is encouraged when walking from the locker room area to the pool deck. A proper pair of flip-flops or water shoes will prevent slipping.



GYM BAG

A proper bag to place all of your items in is a must. Pack a comfortable outfit for your child to change into after his or her lesson.

Please email our office with any questions at swimfitalaska@yahoo.com