

Your child's first lesson:

- Make sure you arrive only five minutes before your lesson time.
- Try to not rush your child to lessons.
- Do not bring your child hungry! A nice little protein snack 15-20 minutes prior may do them well (unless they have a strong gag reflex)!
- Come prepared with your child in their bathing suit (we do have a restroom to change in but you'll need to come 5 minutes early to have time to change. If you arrive right at your lesson time you will most likely have to wait for the previous lesson to finish changing and miss some of your lesson).
- Please have your child try to go restroom before their lesson.
- If your child has long hair, please pull it back into a ponytail directly behind their ears (this helps hold goggle straps).
- Bring your payment at the beginning of each month and put it in a payment envelope.

If your child has anxiety:

- Explain to them that this is a safe place to learn.
- Their instructor is here to help them.
- The instructor will not do anything the child is not ready for (such as dunking—but the teacher will push the child to learn during the lesson).
- Keep the conversation about swimming and light and upbeat.
- If you had a bad experience please do not project it onto your child or tell them about it.
- Learning to swim is fun and they will end up happy that they did it.
- Please do not shy away from using bribery within reason (do not go to Target and buy a brand new toy. Bribery such as a sucker, sticker or something simple. Save the big ticket items for big milestones and achievements).