

WELCOME

Welcome to Wichita Swim School! My name is Nicholette Lorg, and I am the Swim School Director. I've had the pleasure of working at the Wichita Swim Club since I was 15 years old, and I am passionate about helping children and families build confidence and skills in the water.

We are thrilled to have your child join our program and look forward to watching them progress as they learn to swim. To help ensure a smooth and successful start, I've outlined a few key details and guidelines below:

Getting Started

Our facility is located at **8323 E Douglas**, on The Independent School campus. Look for the **only red building**—please note that the road is one-way. The most convenient parking is on the **south side**, just past the stop sign. Upon arrival on your first day, please **check in under the large scoreboard**.

If you have any questions or concerns at any point, feel free to contact me directly at lessons@wichitaswimclub.org. I'm here to assist and ensure your experience with us is as enjoyable and seamless as possible.

What to Bring & Class Guidelines

- Swimmers only need a **swimsuit** and **towel**.
- **Goggles** are not used until Station 3, as we want students to be comfortable with water on their face.
- Encourage your child to **use the restroom** before class to avoid disruptions.
- **Parents must remain outside** of the lesson pool area and may observe from the viewing windows.
- Please **keep your child's fingernails and toenails trimmed weekly** to avoid accidental scratches.
- **No food, drinks, or gum** are allowed in the pool.
- Hair should be pulled back—**long hair must be secured** in a ponytail or swim cap.
- **All band-aids must be removed** before entering the pool.
- Children who are not fully toilet trained must wear a **swim diaper**. Please review our [swim diaper policy](#) in advance.
- Avoid promising your child they won't have to try certain skills—it may reinforce fears and hinder progress.
- Stay **positive and encouraging!**

Additional Tips

- It's common for young swimmers to cry during the early stages. Rest assured, you're not alone—many children need time to adjust. For helpful strategies, visit the [FAQ section on our website](#).
- Every child learns at their own pace. Avoid comparing their progress to others and instead focus on offering **praise and support**.
- **Repetition is key**. Enrolling in multiple sessions helps reinforce skills and build lasting confidence.

We're excited to embark on this journey with you and your child. Thank you for choosing Wichita Swim School—we're committed to making your experience a positive one!