



> First Lesson Expectations

It is important to have an idea of what to expect during your first swimming lesson and how to prepare beforehand.

> Getting ready

Preparation will help make you or your child's first lesson a positive experience. In the days before taking your children to lessons, help them learn to enjoy the water and encourage them to feel comfortable in the shower or bath.

Practise using goggles and wearing a swimming cap at home so you or your child are comfortable with them on. Cap and goggles are not compulsory for lessons but are recommended to enhance learning in the pool.

> Arriving at the pool

Familiarise yourself with the facility. Try to arrive at the pool about 10 – 15 minutes before the lesson to allow time to see reception staff, find the amenities and know where lessons are taking place.

> When lessons commence

When taking children to lessons make sure you stay with your child until the teacher is ready to commence the class. The swimming teacher's duty of care begins when your child is placed in their lesson and stops at the end of their lesson.

Parents must accompany children to and from their lesson; Once they are in the care of the teacher it is required you stay on site.

Swimming outside of the designated lesson time may incur a cost depending on the facility. Please see pool management for more information.

> What to expect during lessons

Swimming teachers use a variety of techniques to teach skills. Typically, a teacher will explain an activity, demonstrate the skill and then have swimmers attempt the skill before providing feedback and hands on corrections. Equipment such as pool noodles and kickboards are also used.

Top Tips:

- Arrive Early
- Speak to a staff member at reception to let them know it's your first lesson
- Ensure swimming attire is on
- Use the bathroom prior to the lesson
- Take a towel and change of clothes
- Bring any personal medication you may need

For more information please visit:

drowningprevention.org.au/multiculturalcommunities



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