



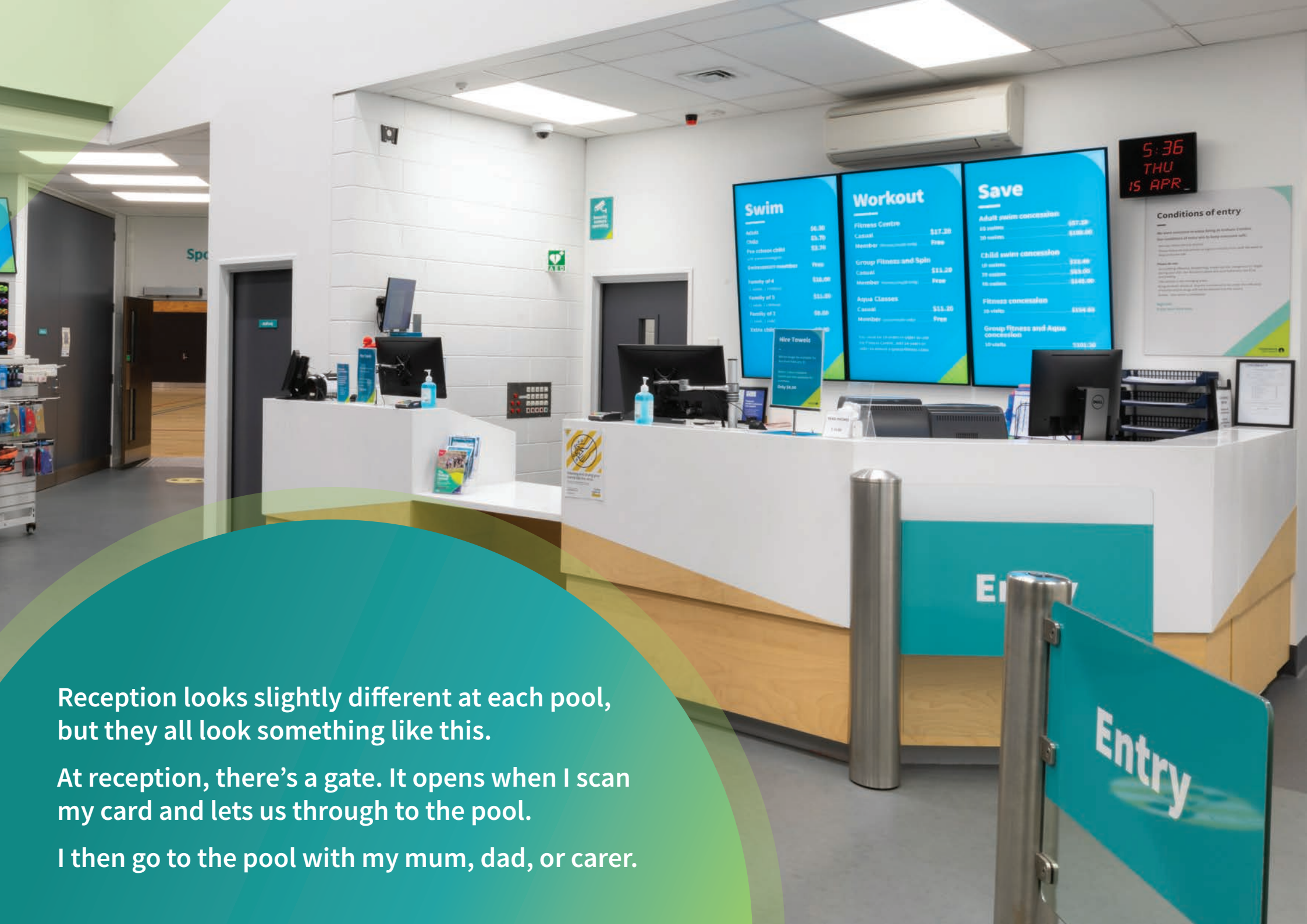
My swimming lessons

These are the
people I might see.





When we arrive, I'll see
the people at reception.
I'll remember to grab
my swim band.



Reception looks slightly different at each pool, but they all look something like this.

At reception, there's a gate. It opens when I scan my card and lets us through to the pool.

I then go to the pool with my mum, dad, or carer.



I've remembered my swim bag, with all the things I need to go swimming – my towel, togs, and goggles.



We go to the changing rooms.
This is where I put my togs on.

There are toilets in the changing rooms too and I can go there before I go swimming.

There are cubbies, where I store my bag with my clothes and shoes while I'm in the pool. I can also leave my bag with mum, dad, or my carer.





I'll see lifeguards wearing a yellow and red uniform.
Lifeguards help keep everybody safe in the pool.
It's important that I listen to the lifeguards and do
what they tell me to do.



A swim supervisor might show me where my swimming lesson is.

Supervisors wear black tops with 'Supervisor' written on the back.

It is important I walk around the pool and don't run.

My swimming instructor wears a blue top with 'Instructor' written on the back.

My swimming instructor will teach me how to get in and out of the pool safely.

There might be other swimming teachers, parents, and children in the pool too.





My swimming instructor will help me learn new skills in the water.

It's fun learning to put my head under the water and blow bubbles.

When I'm ready, I'll learn to float and be safe in the water.

Sometimes I'll use equipment like a pool noodle, kickboard, or sinky toys to help me learn to swim.





Sometimes it's very noisy,
with people talking and splashing.

To cope with the noise, I can...



When my swimming lesson is over,
I'll get out of the pool and say goodbye
to my swimming instructor.

Then we get my bag, go to the
changing rooms, and get changed
into my clothes.



**Swimming
is lots of fun!**

