

Learn to Swim Kit List

The basics for safe, comfortable swimming lessons.

Ready to swim

A comfortable swimmer is much more likely to enjoy learning. Please label anything that could easily be left behind, especially towels, goggles and shoes.

What to wear

- A secure, comfortable swimsuit - no loose straps, very baggy shorts or bulky layers.
- Well-fitting goggles. These are recommended as swimmers progress, and we cannot lend goggles for hygiene reasons.
- A hair tie or clip for longer hair, if it helps keep hair out of the way.

What to bring

- A towel large enough to get warm and dry after the lesson.
- Clean footwear for getting to and from the pool and using the changing areas.
- Warm layers or clothing for afterwards, particularly in colder weather.
- A drink and a small post-swim snack for after the lesson.
- Any medication or essential item your child may need.

Optional comfort items

- A changing robe or towel poncho for warmth and privacy.
- A swim cap, ear plugs or neoprene headband if these make swimming more comfortable.
- A familiar towel or wrap if that helps your child settle after swimming.

A wee note

We provide the teaching equipment. Please do not worry about arm bands, floats or toys unless we have specifically asked you to bring something for a particular session.

Love Water. Swim Safely.