

Top Tips for Happy Swimming



Over the holidays, please practice so your child feels confident putting their swimwear on. Also help them to feel confident with drying themselves and putting all their clothes on.

DO:

Wear one piece swimwear only and boys trunks need to fit snugly especially around the legs.

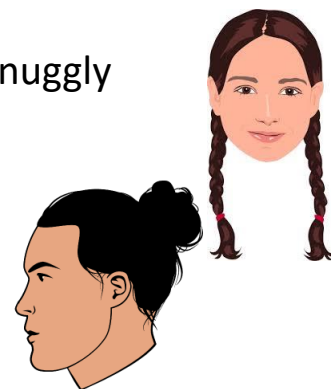
Tie up long hair, plaits are best.

Tie up medium length hair, a top knot or ponytail is best.

Remove earrings and leave them at home.

Bring a glasses case if you wear glasses – keep them safe while you swim.

Make sure that your child's clothes and shoes are named.



DO NOT:

Send your child into school in their swimwear. It is a long time until we get to the swimming pool.

Wear tights or tight leggings, they are very difficult to get onto damp skin!

Any questions please ask.