

## Information for Parent and Baby & Parent and Child Classes:

**Prams & Pushchairs:** All prams, pushchairs must be left in the Reception area. Please do not bring them through to the viewing area or take them into the changing rooms. Bring a suitable carry chair for baby to sit in safely on the floor whilst you are changing.

**Food:** No Food is to be brought onto the premises at any time. Baby's bottles are of course allowed ☺

**Nappies:** Without exception, all babies/toddlers who are not completely toilet trained, regardless of age, must wear the double swim nappy system. This is a proper swim nappy or liner along with the neoprene nappy over the top. No swimmers will be permitted to swim without this. All used nappies must be taken away with you, not left in changing rooms.

**Changing your Baby:** Always change your baby on the floor using a suitable changing mat or towel, which you must bring with you each week. Do not use the benches in the changing cubicles. This is to prevent babies from rolling onto the floor from high surfaces, which can easily happen. Bring a suitable carry chair for baby to sit in safely and place this on the floor whilst you are changing.

**Coming through to Poolside before class:** Please come through to pool just a couple of minutes before your class is due to start. Our Lifeguard will take name and tick you in, you will be asked to stand with baby/child in front of your Teachers Name or Photo until she has finished their previous class.

Parents with toddlers for our Parent and Child Transition Classes will be asked to stand holding their child's hand. Our Lifeguard will give you arm discs to place on your child as you come through to pool.

For safety, please do not walk around pool side until called to class by your Teacher.

**Towels:** Please bring a towel for your baby through to pool side, put in the plastic box under your Teachers photo ready for use. Children in our Two plus class, please do not bring towels through, we are aiming to get them ready for independent group classes and children leave towels in the changing rooms.

Parents please leave your own towels in the changing rooms ready for you.

**Parents Attire:** Please wear a full swim suit / Swim Shorts and you are able to wear shorts/T shirts over the top if you wish.

**Pool Shoes/Flip Flops:** Children / Adults must come through to start their class in bare feet. No shoes are to be brought poolside, they are a trip hazard for others.

**Talcum Powder:** Please do not bring talcum powder onto the premises.