

## WHAT TO BRING TO LESSONS...

### ... FOR BABY

- ❖ **SWIM NAPPY** - These are compulsory for all non-toilet trained children and are available for sale at reception. Huggies (or other disposable brands) swim nappies are not allowed
- ❖ **'BABY WARMA' WETSUIT** - This is an optional suit to give baby extra warmth if you are concerned about them getting cold. Our pool is 32 degrees all year round, even warmer in winter. Babies under 6 months cannot self-regulate their body temperature, so we recommend this suit for this age group. Available for sale at [www.konfidence.com.au](http://www.konfidence.com.au)
- ❖ **SINGLET** - All babies must wear a tight fitting singlet, rather than a rash vest to keep them warm. Rash vests and swim suit material can stretch which creates air pockets whilst in the water.
- ❖ **TOWEL** - a larger hooded towel is best if you have one
- ❖ **SHAMPOO** - We provide complimentary showers in our change rooms. Shampoo and/or body wash can be used for both hair and body. Lathering up your baby on the change table prior to stepping into the shower works well.
- ❖ **BABY POWDER** - Great to put all over baby after towel drying to ensure complete dryness in all their creases.
- ❖ **COTTON BUDS** - Drying baby's ears after every lesson is most important to avoid ear infections. Keep a few in a zip lock bag.
- ❖ **COVERALL & BEANIE** - Pack a quick and easy suit that covers baby's feet and hands for extra warmth once you leave the centre.

### ... FOR YOURSELF

- ❖ **ONE PIECE SWIMSUIT** - A practical swim suit that won't stretch out of shape. Some parents feel more comfortable wearing board shorts also.
- ❖ **OLD T-SHIRT** - This is worn over your swim suit. Baby learns to reach out and catch you by the shirt. They find it easier to grab your shirt and pull themselves up and out of the water into your arms, until they have the strength to do the same on the wall.
- ❖ **YOUR OWN TOWEL** - Don't rely on babies to be dry enough to borrow!
- ❖ **TOILETRIES** - Prams can easily access our change rooms so once you've dressed baby, he/she may be strapped into your pram and watch you have a quick rinse off (if you're lucky)!