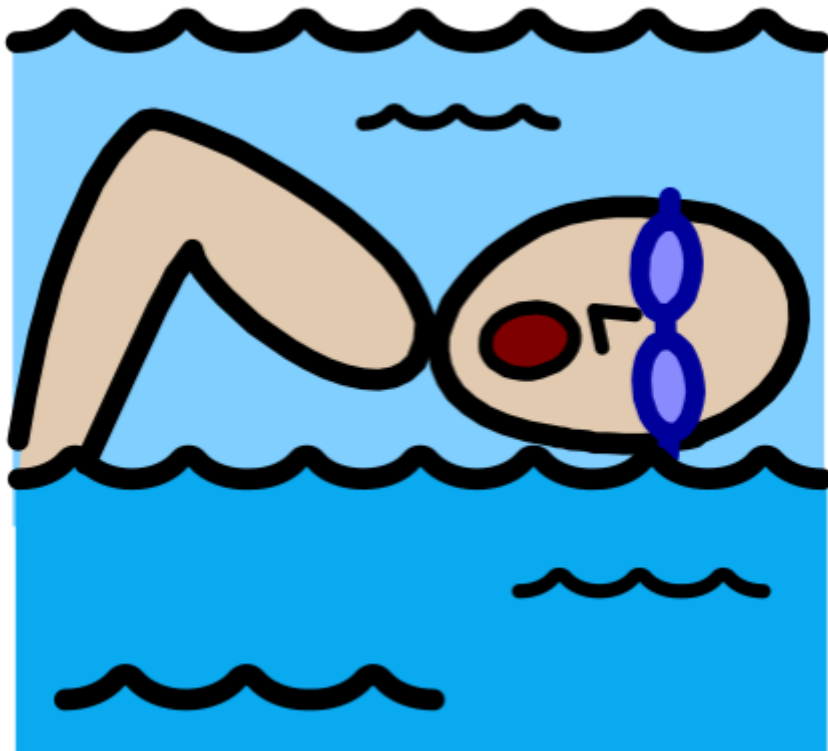
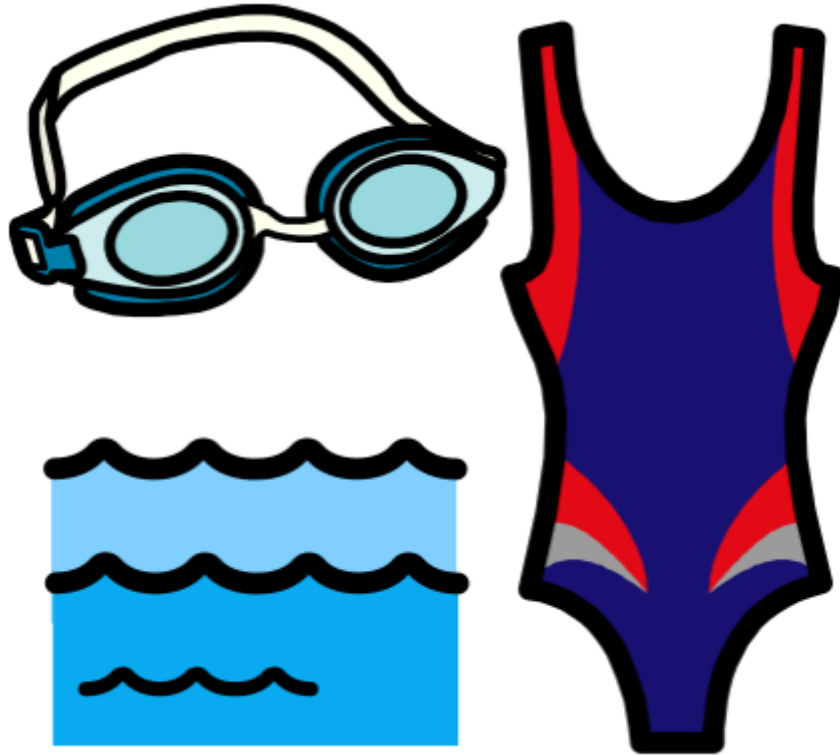


Going Swimming 2025

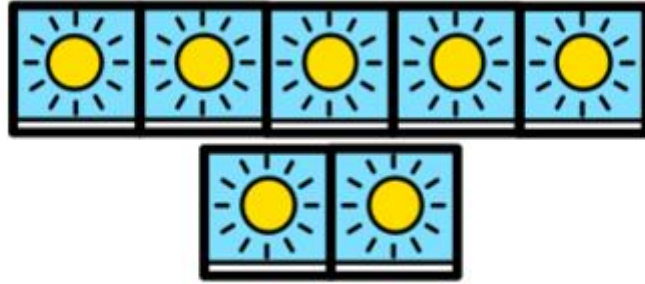


My name is

I will go swimming at the pool
onsite.



I will swim on a **XXX**.



I will need to bring a bag from home with my swimming costume/trunks, a towel, and goggles (if I use them).



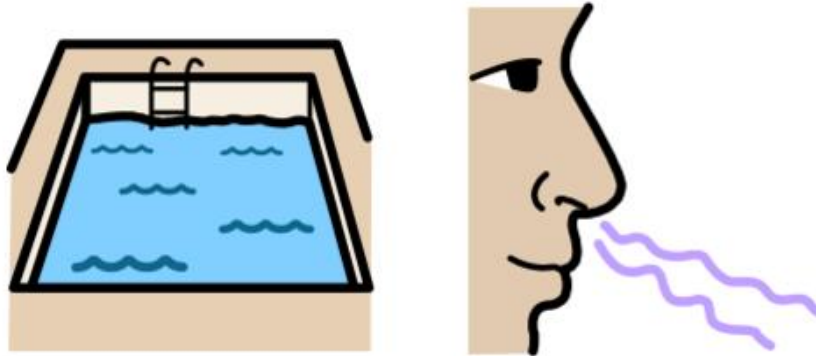
I might also bring a swimming hat
if I need one.



On ~~XXX~~ I will walk to the pool
with my grown-up or teacher.



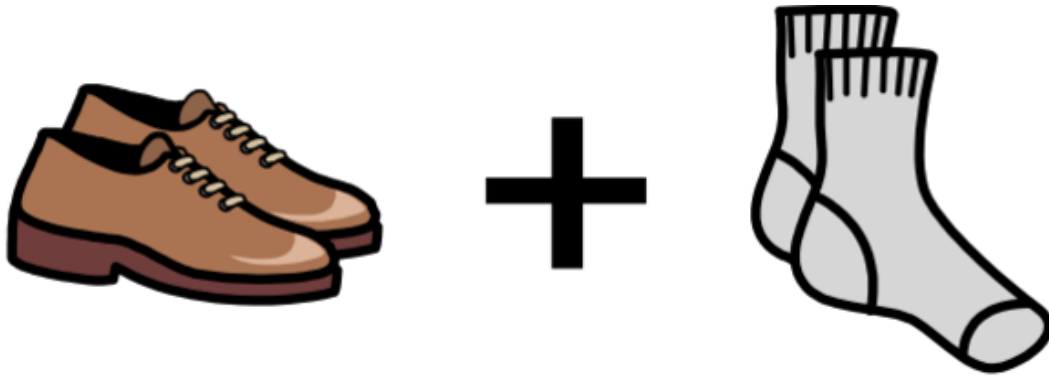
The pool might smell different because of the water and cleaning chemicals, but that is okay.



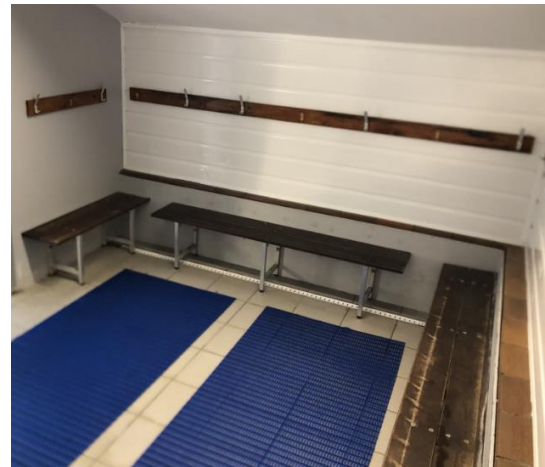
The pool may be noisy. It's okay to bring my ear defenders.



When I arrive at the pool, I will need to take off my shoes and socks off and leave by the door.



I will go to the changing rooms to change into my swimming costume/trunks.



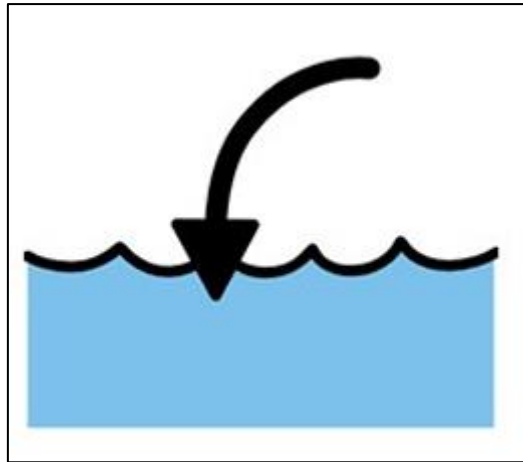
I will put all my clothes and belongings in a basket to keep them safe.



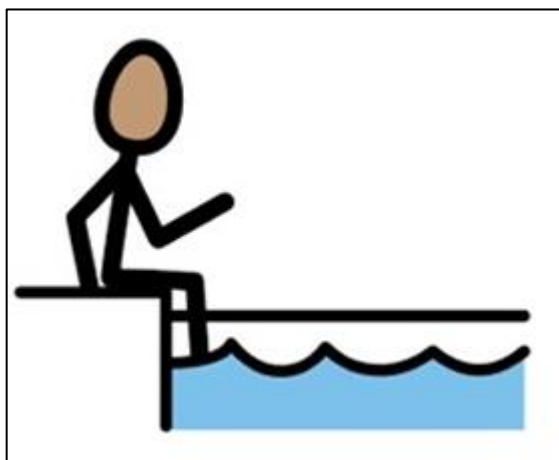
Once I am ready, I go to poolside. I will walk carefully because the floor might be slippery. Running is not safe at the pool.



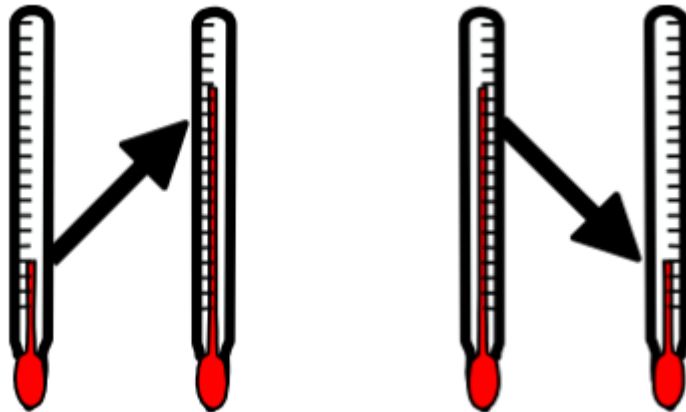
The instructor will tell me when it's time to get into the water.



I might use the steps to go in slowly, or I might jump in if it's safe and allowed.



The water might feel warm or cool at first, but I will get used to it.



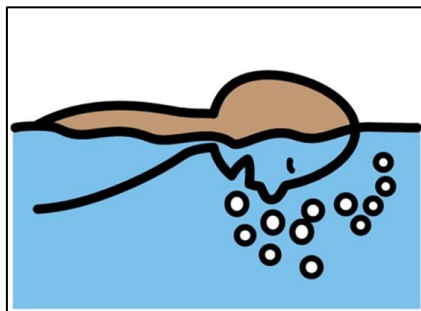
In the pool, I will listen to the instructor.



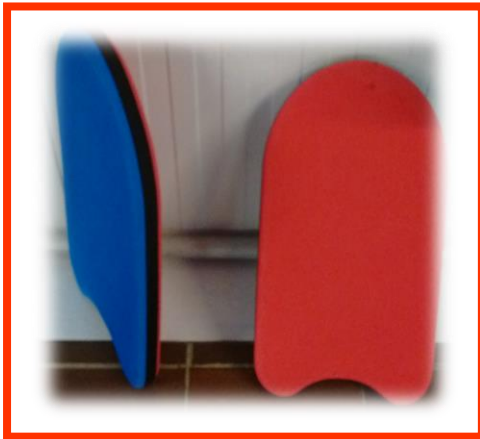
I will learn new skills like floating, kicking, or swimming.



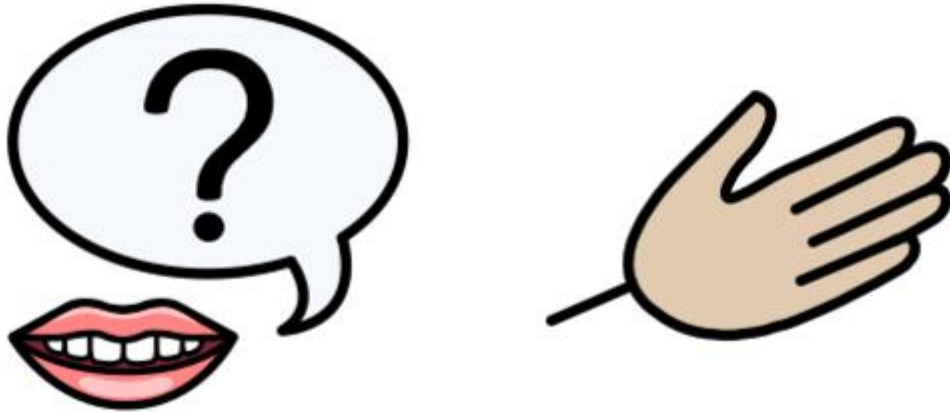
I might practice blowing bubbles or putting my face in the water.



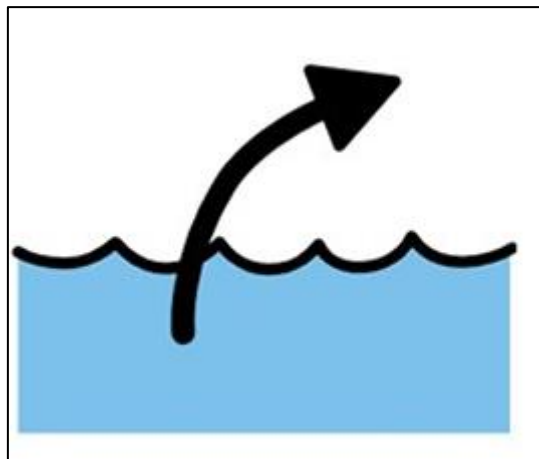
I may need to use
equipment to help me to
swim better:



If I need help, I can ask the instructor or a grown-up.



When the lesson is over, the instructor will tell me it's time to get out.



I will use the steps to leave the pool safely.



I will dry myself with my towel and get changed into my school uniform.



At the end, I may feel tired, that is okay because swimming is great exercise.



After swimming, I might feel happy and proud of what I learned.

