

The Splash-Ready Checklist



Tips, what to pack, and how to prepare your child for swimming lessons.



WHAT TO PACK

EVERY SWIMMER

- ☐ **Fitted bathers** (swimsuit or trunks, not board shorts)
- ☐ **Swim cap** (optional, to keep hair out of eyes)
- ☐ **Big fluffy towel** (hooded ones are brilliant for kids)
- ☐ **Change of clothes + spare undies**
- ☐ **Water bottle** (swimming makes kids thirsty)
- ☐ **Healthy snack** (banana, muesli bar, low sugar)
- ☐ **Wet bag** (for the soggy trip home)
- ☐ **Shower items** (rinse that chlorine off)

BABIES AND TODDLERS, ALSO ADD:

- ☐ **Swim nappy** (not a regular nappy, designed for water. Bring a spare!)
- ☐ **Nappy bag essentials**
- ☐ **Spare change of clothes and undies** (including for you!)

A NOTE ON GOGGLES

Hold off at the start. Kids need to get comfortable with water on their face first. If they ever fall in unexpectedly, they won't panic. Introduce goggles once their strokes are developing.



HOW TO PREPARE YOUR CHILD



BATH TIME PRACTICE

Pour water over their head, blow bubbles, splash around. Make water feel fun, not scary.



TALK IT UP

Use excited energy, not nervous energy. If you're anxious, they will be too. Enthusiasm is contagious.



READ ABOUT WATER

Find a book about swimming or the ocean. Familiarity builds confidence before they've touched the pool.



PACK TOGETHER

Let your child pack their swim bag the night before. They love the job and it builds excitement.



CELEBRATE EVERYTHING

First kick, first float, first jump. Every win is worth a cheer. Confidence grows from feeling proud.



KEEP SHOWING UP

The weeks you almost skip are often when something clicks. Consistency is the secret to progress.



ON LESSON DAY

BEFORE YOU LEAVE

- ☐ **Arrive 10 to 15 minutes early** (rushing makes nerves worse)
- ☐ **Feed them at least an hour before** (not right before)
- ☐ **Bathroom stop before getting in** (ask twice)
- ☐ **Play music in the car** (fun on the way sets the mood)

AT THE POOL

- ☐ **If nervous, sit on the edge first** (splash hands and feet before getting in)
- ☐ **Back the teacher up** (if you question them, your child will too)
- ☐ **Cheer from poolside** (your face is what they look for)
- ☐ **Recap on the way home** (revisit what they did well)

32°

POOL TEMP ALL YEAR

2M+

SWIMMERS TAUGHT

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Free
trial lesson

No
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30+
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