Woodrow Sports Centre – Swim School
Swimming Lesson Kit List
October 2019

For children aged four years and over

- Towel
- Swimming costume or swimming trunks. Baggy shorts and shorts below the knee are not recommended. If costumes/shorts are too baggy, they cause drag through the water, distort the feeling of movement through the water and make swimming more difficult. Swimming tops and wetsuit style suits should not be worn by pupils beyond the pre-school stage as they create false buoyancy levels and can inhibit arm movements. Our pool is kept warmer than your average pool so children should not feel cold.
- Swimming hats are recommended but are not compulsory. They help keep the swimming pool cleaner and also help keep smaller children warmer in the pool as most body heat is lost through the head. Swimming hats also keep hair off the face and reduce distraction for the child during the lesson.
- Long hair (including fringes) should be tied back and clipped away from the face or a swimming hat should be worn.
- Goggles are allowed to be worn, however, we would prefer for them not to be worn until children are in Swimmer 1. Goggles are not recommended for Non-Swimmer classes; this is in line with recommendations from the Swimming Teacher's Association and Swim England to help build water confidence and enables children to swim without goggles, which is important for safety.
    - If goggles are a distraction, teachers will ask for them to be removed; please ensure that goggles are fitted and tested at home.
    - At some point during each course, all children will be asked to swim and/or perform skills without goggles, we consider this essential for water confidence.
    - Goggles are worn at the owner's risk.
- To avoid injury, the wearing of spectacles in the water by a swimmer is not recommended. Care of spectacles lies with the wearer or parent/carer.

For babies and children aged three years and under

- Towel
- A disposable or reusable swim nappy underneath an additional neoprene coated or equivalent, over-nappy cover with close fitting leg and waist ribs. The neoprene nappy should be a snug fit with the ribs covering the nappy underneath to ensure a good seal.
- Swimming costume or swimming trunks (optional), over the top of the double nappy stated above.
- For accompanied classes, don't forget your swim kit too!