



The Power of Choice

Giving your child the power to choose is the best way to turn nerves into excitement!

- 💧 **The Shopping Trip:** Let them pick out a **brand new water toy** and/or a **special new towel** to use only on swim days.
- 💧 **Goggle Selection:** Have them pick a fun color! *Expert Tip:* Ensure they fit correctly—no leaks mean no interruptions.
- 💧 **The Familiar Friend:** Bringing a favorite water-safe toy from home can act as a "safety anchor" and provide extra comfort during their first transition into the water.

🚽 The Final Flush

Please ensure all kids use the restroom prior to arriving for their lesson. Since our sessions are a short 30 minutes, we want to make sure every second is spent in the water!

The Grand Finale

Ending on a high note ensures they are already looking forward to the next time!

- 💧 **Celebrate the Win:** Create a positive "finish line" ritual. Whether it's a **special listening treat**, a **favorite post-swim snack** in the car, or getting cozy in that **fun new towel**, let them know they did a great job!

Ready to Splash?

- Bathroom break completed prior to arrival
- Properly fitted goggles packed
- Special towel & change of clothes
- Post-swim snack & "listening reward" ready