

Parent/baby class information

Below are some helpful hints to ensure you and your bub have the best experience possible.

- Caps must be worn by everyone in the pool. We recommend fabric caps – especially for baby, as they are soft and easy to slide on the head. They can be purchased at reception.
- Babies must wear *Huggies Little Swimmer* nappies in the pool. Don't worry if you forget to bring one, Seadragonz sell them at reception.
- Ensure the legs are tight fitting to avoid accidents in the pool.
- If the bub 'messes' the nappy during the lesson, please take them out of the pool and change them. They may re-enter the class after they have been cleaned up, showered and wearing a new nappy.
- *Huggies Little Swimmers* cannot be reused as they disintegrate in the pool and pose a hygiene risk if reused.
- Disposable nappies cannot be worn as they deteriorate in the water.
- Seadragonz provide nappy tables. Once baby is changed please leave the tables clear for others to use.
- Prams are not usually necessary but if one must be used please park them away from the entry to the pool and the showers.
- When the lesson has finished, please use the showers to rinse off. Please wait in the pool on the ledge near the showers, so that you and your baby stay warm if a shower isn't immediately available. Please keep all caps and baby's clothing on until you are out of the pool.
- Seadragonz recycles the shower and toilet water into the paddocks. Please use only the chemical free body/hair shampoo provided.
- Seadragonz recommend baby is changed first.
- If parents bring a snack and realise the child has dropped or spilt something on the floor, let a staff member know so it can be cleaned up straight away. Seadragonz wants to stay nice and clean, and sometimes food crumbs can leave a stain or a smell if not dealt with straight away.
- Seadragonz provide nappy bins to use. Please place nappies into the bins provided. Nappies left on the concrete cause nasty smells.
- On entering the pool with the baby, feel free to use the step on the ledge, closest to the reception area. This entry can be used even if your class is down the other end of the pool. However, please be mindful of classes in progress in that area and only enter the pool when it is time to start the lesson. Alternatively sit on the ledge closest to the class and wait for the teacher to invite you into the lesson.

- Wipes are located on the side of the pool if they are required during the lesson. There is also a small bin next to the wipes for the soiled ones.
- If the baby has woken up and is not feeling well or had a rough sleep, please inform the teacher. The teacher will notice if the child isn't their normal self, and if they are notified at the start of the lesson they may alter the lesson to accommodate the child's needs. We notice and we care!

Please bring:

- Bathers (child can wear *Huggies swim nappy*)
- Towel x2
- Swimming caps – available from reception
- Goggles (children under 18 months usually do not require goggles as they have a natural protective film over their eyes that stops irritation)
- Change of clothes and nappy