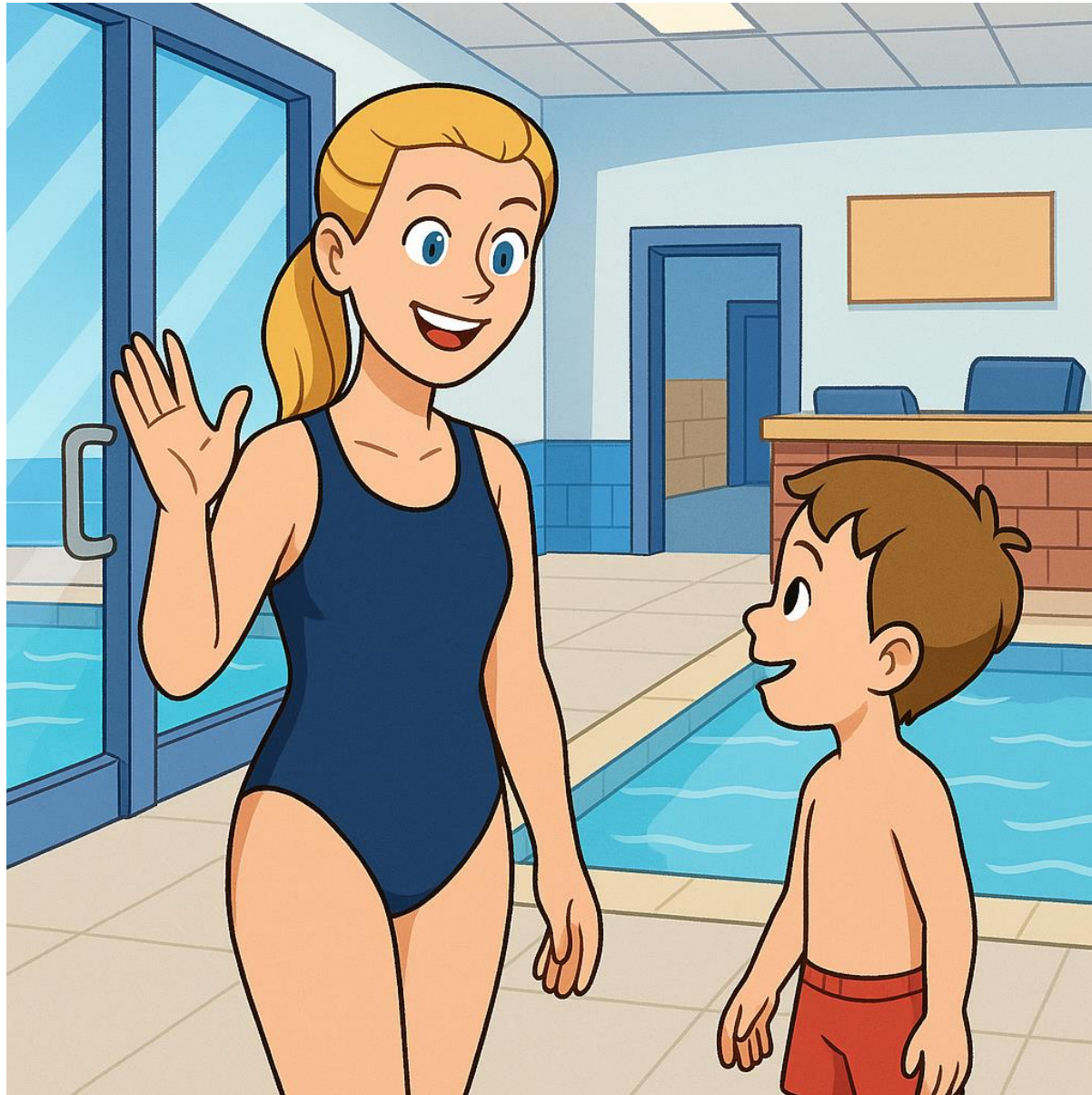
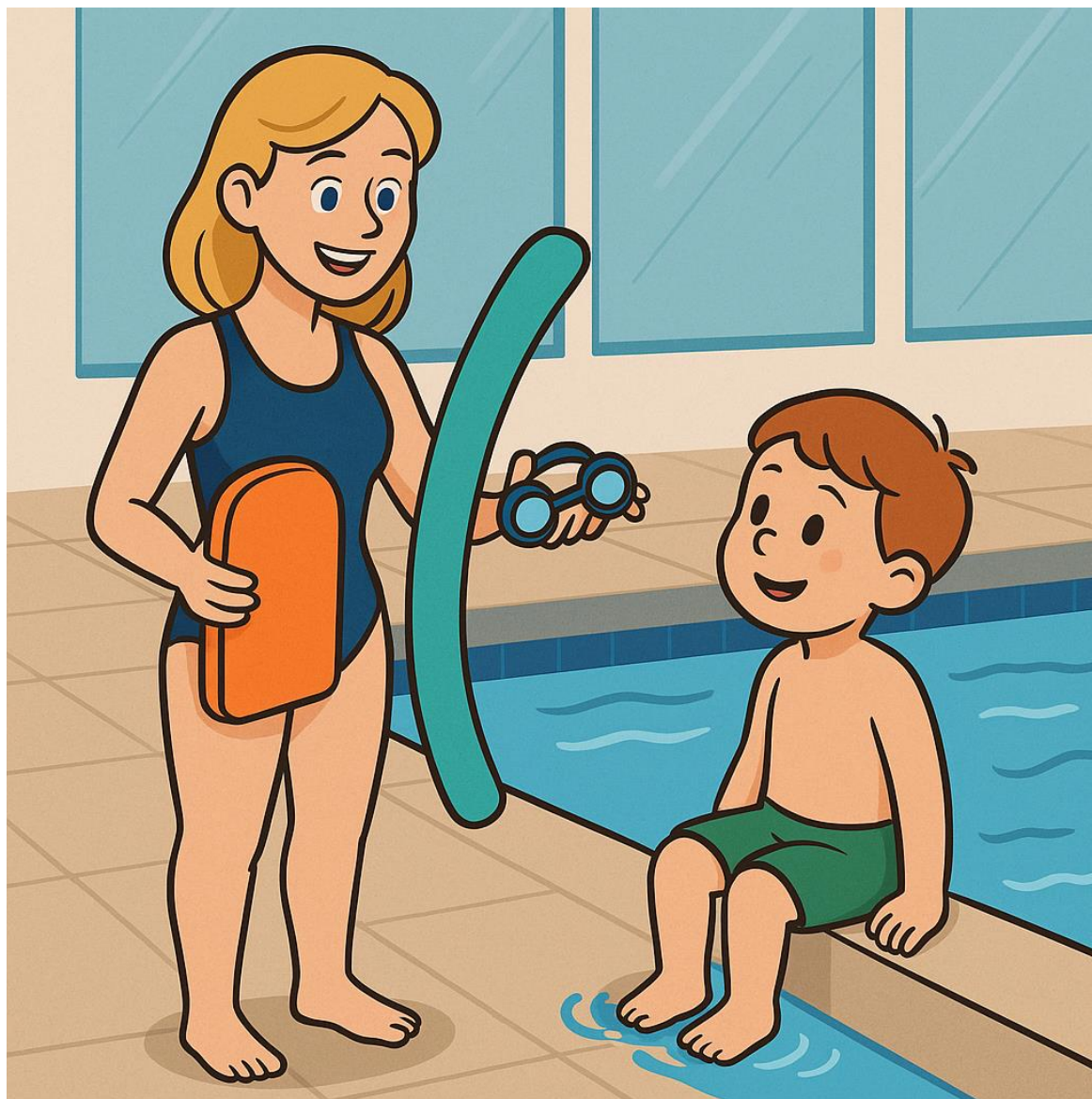




My First Swim Class!



Today I am starting swim class. I will meet my swim coach when I arrive. My coach will wave hello and help me feel safe and excited to learn.



My coach will show me fun pool toys and tools. There might be goggles to help me see under water, a pool noodle to float on, or a kick board to practice kicking. I can try them out and see which ones I like. I don't have to use any toy if it makes me feel nervous.



I can sit on the bench in the shallow water and play with a toy while I get used to the pool. Sitting and splashing on the bench helps me feel comfortable and safe before I go deeper into the water.



When I feel ready, my coach will help me go further into the pool. I can hold onto a noodle or let my coach support me. We will splash, play and practice floating together. My coach will keep me safe.



If something makes me feel nervous, that's okay. My coach will give me choices. I can point to a green check for "yes" if I want to try something or to a red cross for "no" if I want to wait. My coach will listen and respect my choice.



If I need comfort, I can look out the big glass window. My parent or friend will be watching me and can wave or give me a thumbs up. Seeing them can help me feel calm and happy.



When class is over, I will get my towel and dry off. My parent or friend will help me wrap up in my towel and keep warm. I might feel tired but proud of what I did today.



After drying off, I will leave the swim school. I can feel proud of myself for trying something new. I will come back next week for more fun and learning!