



LEARN TO SWIM VICTORIA

BABY CHECKLIST

Our Baby Water Awareness Courses provide you with a introduction to swimming, whilst at the same time teaching your child routines for survival and the methods involved to enable your baby to swim independently. Learn how these early years swimming can teach your child to be safe in the water and help them achieve their milestones sooner.



**THE USUAL BABY BAG NECESSITIES
(NAPPIES, WIPES, CHANGE OF CLOTHES ETC.)**



SWIM NAPPY!

YOUR NORMAL NAPPIES WILL FILL UP WITH WATER AND MAKE IT QUITE DIFFICULT FOR YOUR LITTLE PERSON TO MOVE AROUND.



BATHERS FOR YOU AND BUB!

DON'T STRESS IF YOU AREN'T BACK TO YOUR BIKINI BOD, WE ARE HERE TO MAKE YOU AND BUB FEEL COMFORTABLE! PLEASE NOTE: WE ARE ALSO DAD BOD FRIENDLY!



TOWEL FOR BOTH YOU AND BUB!



EXTRA FOOD:

YOUR LITTLE PERSON MIGHT BE A BIT HUNGRY AFTER BEING IN THE WATER, SO AN EXTRA FEED WILL BECOME VERY HANDY.

