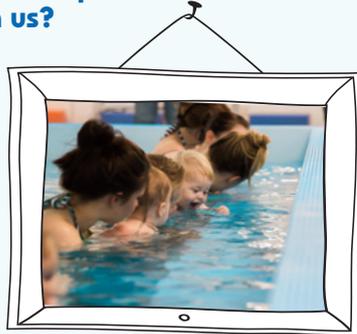


# Welcome to swim works

## Taster sessions

### What do you need to know before you begin your swim journey with us?

At Swim Works we understand that parents often want to have a taster session before they commit themselves and their child to a block of lessons. We can do tasters and we are happy to offer them in classes where there are spaces... but they may not be the best way to help you make a decision...



### Why might a taster lesson not be the best idea?

- For many little ones, the swimming pool is a brand-new environment and can initially be quite overwhelming for the senses: new smells, new tastes, the lights, the feel of the equipment, the sound of the fans and the other children. It takes time and reassurance to acclimatise the senses and comfort in the pool needs to be built up over time.
- Do you remember when you learned to drive or started a new activity? The first lesson was probably not the best experience for you...would you have benefitted from taking it a bit slower? It can take a while for us to be comfortable and gain the best from an experience.
- We want to ensure your child's swim experience is the best it can be!

### What can I do instead?

- We would encourage a visit to our pool prior to beginning lessons. You and your little one can spend time getting used to the environment, explore the changing rooms and the waiting area and watch one of the lessons from our viewing area.
- We would always recommend coming in to meet your teacher before the lesson so your little one can get used to a new face!

If you join a lesson that you find is the wrong time of day or time for you, we can always find you another one that suits you both better.

### Booking a taster:

- As we can't guarantee the time slot, we ask you to call on the morning to check availability and of course we can answer any questions you may have.
- If your child is under four years of age, don't forget to bring a happy nappy. If you don't have one, check with us first, we may have one you can borrow.
- Don't forget to pack your swimmers too, if you have booked our baby or preschool classes.
- On arrival you will be asked to fill in a simple form.
- After your swim, please do come back to reception, complete our form and we will help you look into the best session for you and your child and answer any questions you may have.

**At Swim Works, we pride ourselves in our partnership approach and helping our swimmers in every way. We look forward to welcoming you and making your swim journey extra special.**



*With you every splash of the way*



Fantastic family swim centres in Rugby and Leamington Spa

[www.swimworks.co.uk](http://www.swimworks.co.uk)