



Emilly Hayr
720-215-8849
ekayr@infantaquatics.com

Pool Location

South Metro Denver, Littleton and DTC
Underwater Phantaseas Scuba Shop
6860 S. Clinton St
Greenwood Village
Colorado, 80112

10 Ways to Prepare Your Child For Their Swimming Lesson

1. For your child's safety, and as a courtesy to everyone else, all children who are not "potty trained", or under the age of 3 must wear our snugly fitting, reusable, cloth swim diapers over a regular disposable swim diaper, during lessons. These are available for purchase for \$15. Disposable swim diapers alone are ineffective in preventing pool contamination. One incident of pool contamination will close the pool for 24 hours.
2. Please take all diapers home with you. I am charged \$20 per diaper that is left in the trash at the pool! It is helpful to pack a wet bag or extra plastic bags along with your swimming things to put wet suits and diapers in after each lesson.
3. Swimsuits and rash guards are optional. We recommend that children wear a wetsuit to keep them warm in the water. We provide a few wetsuits at the pool for you to borrow. Should you want to purchase a wetsuit, they are available for \$40.
4. Please use the bathroom and or dressing room to get your child ready for their lesson or dressed after their lesson. Please do not undress your child on the side of the pool. Should they have had an accident it could contaminate the pool.
5. Please allow your child the opportunity to use the bathroom prior to their lesson. This will help minimize any disruption to their lesson.
6. If your child has long hair, try to braid it, tie it back, use barrettes or a swim cap to keep the hair out of their eyes. We have swim caps available, should you need to purchase one.
7. Please do not plan on wearing goggles unless previously discussed with your instructor.
8. Be sure to bring two large towels. One is helpful to wrap your child in after their lesson leaving the other to dry off with when dressing.
9. We find it very helpful to allow enough time in your schedule following lessons to dry your child's hair and dress them warmly, especially in the winter months, so that you do not have to rush a cold, wet baby or child outside.
10. For your child's comfort, please do not allow them to have anything to eat or drink, with exception of clear liquids or breast milk, 2 hours prior to their lesson. It is common for children to swallow some air and some water over the course of their lesson. If there is undigested food in their stomach when this happens, the food will come out with the air and the child will spit up in the pool. This will be a problem if your child spits up undigested food. However, if you follow the suggested guidelines below, the pool filtration system will clear the pool quickly. If this happens to your child, do not be frightened or distressed. This happens to some children regardless and is not anything to worry about, but controlling feedings before the lesson will help.

Breast milk, Rice Dream, toast and cereal (without fruit, nuts, butter, or spreads) may be given two hours before a lesson. PLEASE DO NOT ALLOW FRUIT, VEGETABLES, MEAT OR MILK PRODUCTS FOR SIX HOURS BEFORE THE LESSON, THIS INCLUDES FORMULA, MILK, EGGS, CHEESE, BUTTER, AND YOGURT.