

The logistics of baby swimming



With a new baby, just getting out of the house can be a daunting task! It can seem almost impossible to get to a baby swim class every week. What do I bring? Where do I park? How will I change myself and the baby?

I've seen many moms master this daunting task daily and have also done it myself. Here are a few tips to help get you through it.

The night before swimming lessons:

- Pack your swim bag. This should include:
 - Towel (for parent and baby)
 - Reusable swim diaper (if you don't have one, you can buy one at AVAC)
 - Stocked diaper bag (including diaper and wipes)
 - Shampoo
 - Lotion
 - Wet bag for your wet suit after class (optional but super helpful)
 - Hair tie to pull your hair back while swimming
 - Hat for baby in the colder months
 - Snack

The day of swim class:

- Get dressed before! Wear your swim suit on under your clothes. This will save you a ton of time and headache once you arrive at class.
- Leave about 15 minutes earlier than you need to leave. It always seems to take longer to get out the door than expected.
- If possible, arrive at AVAC about 15 minutes early on the first day of lessons.
 - Check in at the front desk of the swim school.
 - We will show you around and get you acquainted with the facility and the location of your class. It can also take a bit of time to change baby.
- Change your baby into their swim diapers right before lessons. I always found it most helpful to put a regular diaper on under the swim diaper and take the regular diaper off right before getting in the water.

- Bring towels, shampoo and of course your baby, out to the pool deck. Everything else can be kept in the changing room cubbies or locked lockers (located near the front desk).

After your lesson:

- It's time to rinse off in our warm showers, located right off the pool deck. Now is a great time to shampoo your baby, if you choose to.
- Towel dry and apply a mild lotion to your baby.
- I found it easiest to change myself before changing your baby. It is much easier if you have someone with you to help change baby but if not, place your baby in a safe spot like one of our many changing station options.
- Place your wet swim diaper and bathing suit in a wet bag or towel and you are done!

Baby will probably fall asleep on the way home and take a nice long nap! Yay!!! Unpack and repack your swim bag so that you are ready to go for next week. Then relax!

We understand that getting to swim class can be intimidating but we are here to help! Please feel free to ask any questions you may have or ask for help at any time.

Sincerely,

AVAC Swim School