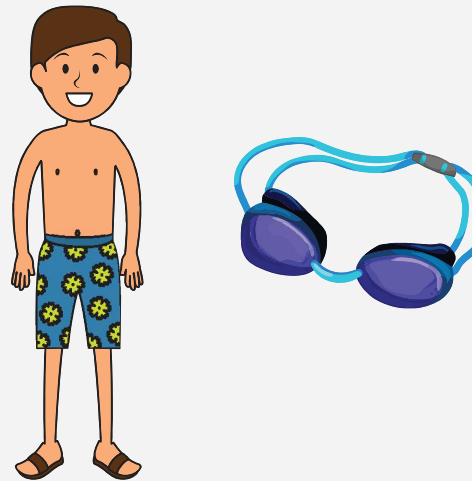


ATTENDING A SWIM LESSON

There are things I can do to prepare for my swim lesson.



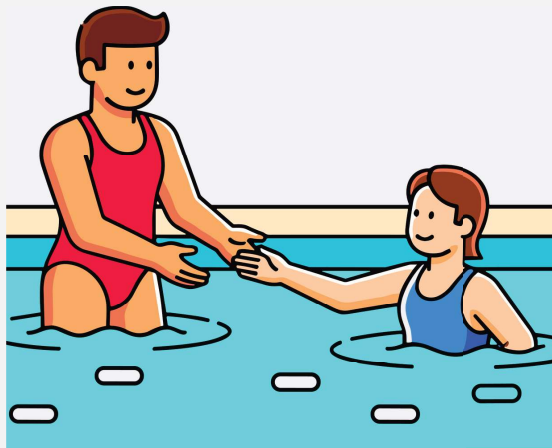
I should try on my swimsuit and goggles to make sure they fit and are comfortable.



Swimming is fun and helps me learn and exercise.



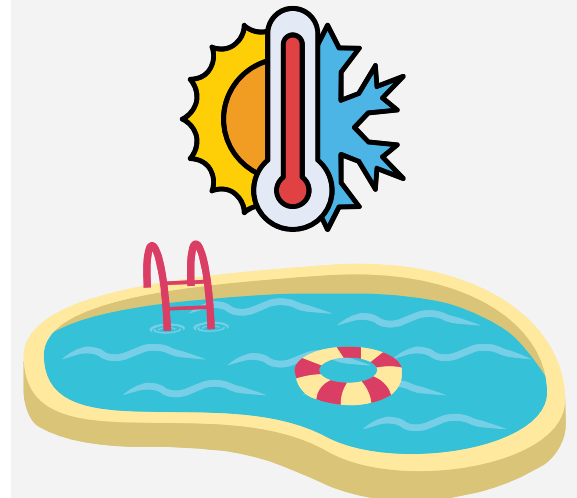
My lesson may be just me or with a small group.



The instructor may need to touch me to help me learn.



The water may be warm or cold.



ATTENDING A SWIM LESSON

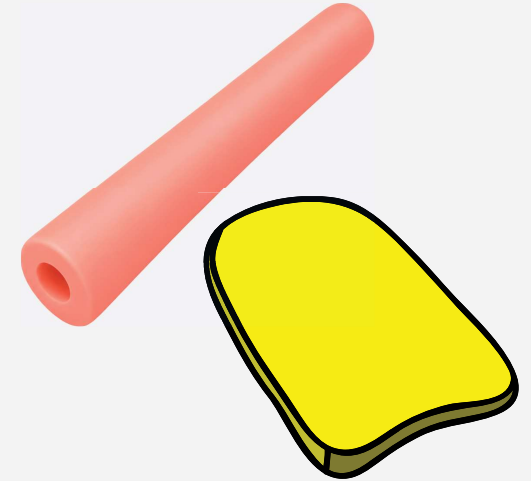
I may hear splashing, whistles, echoes, or people talking.



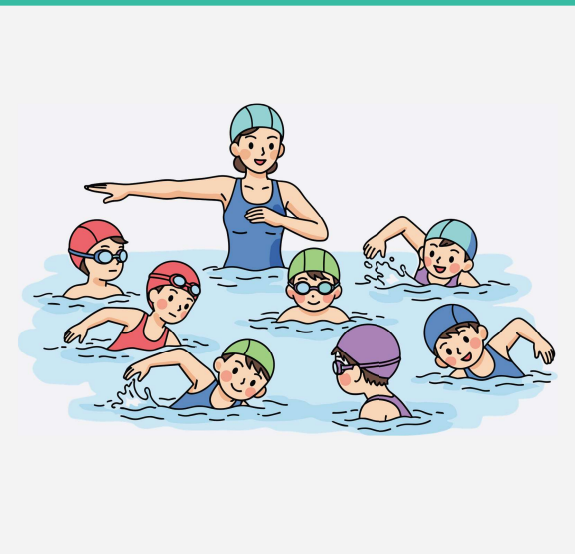
The instructor may ask me to sit, get in the water, blow bubbles, kick, float, or swim.



I may use things to help me learn such as a noodle or kick board.



I will stay with my instructor during the lesson.



My instructor will help me if I need it.
I can ask the instructor questions.



I will try my best. It takes practice and time to learn.

