



What to expect at my private swim lesson



I am going to swim lessons at the JCC! I may feel excited or nervous about swim lessons. Any feeling I feel is okay!



To enter the pool, I will go through one of three locker rooms: family, men's, or women's. I can use the locker room that makes the most sense to me. If I have questions about using the locker rooms, I can check the All about the JCC Locker Rooms social narrative. Before I get in the pool, I need to rinse my body off in the shower.



I can bring goggles, a towel, and even flip flops to my lesson! I can also use a towel from the JCC. Anything I bring to the pool might get wet. If I don't want something to get wet I should leave it in the locker room or on the chairs by the pool. Whoever brings me to swim lessons will also be sitting in the chairs, so they can watch me and my stuff.

For more information or accommodations, visit [MayersonJCC.org/Inclusion](https://www.mayersonjcc.org/inclusion)

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The indoor pool has many different areas. There is a lazy river, a hot tub, and a play place. I am here for swim lessons, so I need to go to the part of the pool where my instructor says. I might feel disappointed that I don't get to do what I want at the pool. Or I might be nervous about trying new things. All of my feelings are okay, but I still need to have a safe body and listen to my instructor.



The pool might be loud if there are other people using the space while I am there. I might hear talking, yelling, laughing, or even a lifeguard blowing a whistle. If it feels too loud, I can try wearing headphones or ask for a break in a quiet place.



My swim instructor is there to keep me safe and teach me new things! They want me to be successful. I should not get in the pool until my swim instructor tells me it is safe. It is important that I listen to the swim instructor the entire time. Swim lessons are fun when I follow directions and make safe choices!

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