**MY SWIMMING ROUTINE**

[insert photo]

**I go swimming at [insert details].**



**I swim every [insert swimming days].**



**I love swimming....**

**Swimming is great exercise and it keeps me healthy. Swimming is lots of fun.**



**Before going to swimming I need to....**

**✓Pack a towel**



**✓Pack goggles and   
 swimming cap**



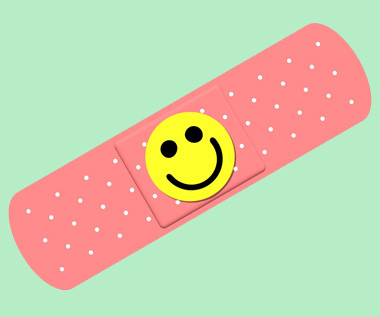
**✓Pack dry clothes**

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**✓Pack my water and my lunch**

**Before getting in the water, I need to let the person caring for me check my skin for any sores.**

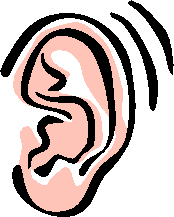
**If I have sores, these need to be covered up with bandaids or bandages.**



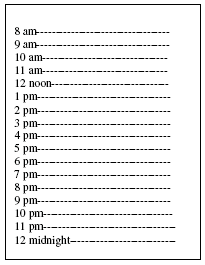
**This is to help keep them clean and make sure I don't get an infection.**

**It is important that everyone listens and follows the rules at the pools.**





**If I do not listen, or follow the rules, the pool staff can ask me to get out of the pool and leave.**

**When it is [insert time] that means it is time for me to get out of the water.**

**When I am finished swimming I need to**



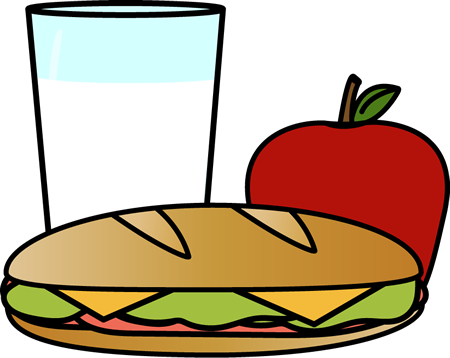
**✓Dry off**



**✓Have a shower**



**✓Put on my clean clothes**

**Once I am clean, dry and dressed I can have my lunch.**

**If I listen and have fun swimming my family will be proud of me, and I will have had a great time!**