

## General information about swimming lessons at Karl-Treutel-School

For swimming lessons your child needs:

- Swim trunks or swimsuit
- Shower gel
- Towel
- Plastic bag for wet swimwear
- Latex or silicone swimming cap
- Possibly change underwear
- From the autumn vacations until the easter vacations please pack a woolly hat
- Please avoid: swimming/ diving goggles



The course of the swimming lesson:

The swimwear must be freshly washed.

For hygienic reasons swimming trunks/ bathing suits are always worn in the changing rooms, even if swimming is in the first lesson.

The children shower thoroughly with shower gel before swimming, for hygienic reasons. This way we want to avoid increased chlorination. After swimming lessons, the pool water is rinsed from the body. Since the chlorine hangs in the water Drops and not firmly on the body, showering with water is sufficient. Showering again with shower gel is completely unnecessary.

