

# Rhyl Leisure Centre

## Parent & Toddler Swimming Pool Admission Policy & Useful hints for Parents

This information is aimed at giving Parents and their toddlers some useful hints to make swimming a pleasurable experience.

The Leisure Centre has in place a policy regarding the admission for Parent & Toddler swimming sessions, in accordance with the Amateur Swimming Association (ASA) guidelines. We have this policy so that everyone can use our facilities in a safe, enjoyable environment.

1. The best age for children to start water activities is around 4-6 months after they have had their immunisations. This is not a condition of entry but is recommended.
2. Toddlers up to the age of 5 years will be admitted to the Parent & Toddler sessions. At this age we recommend enrolling onto the Leisure Centre's Swimming Lesson programme.
3. Prior to the session give your toddler a light snack 15-30 minutes before the visit.
4. Arrive in plenty of time so that you are not rushing and can stay relaxed.
5. Bring a familiar bath toy with you, this will help put your toddler at ease.
6. Ensure you have a costume for both you and your toddler! You will also need sufficient towels for the both of you.
7. Please ensure your toddler is wearing a disposable swim nappy, which are sold in most supermarkets – these are also available to purchase from Reception.
8. Have a positive attitude and enjoy the experience. Remember, you are giving your toddler the opportunity to learn a life skill.
9. A Swimming Teacher will be on hand during the Sunday morning session to answer any questions and to help give you further tips on making the experience fun and enjoyable
10. The use of any equipment capable of recording still or moving images is strictly prohibited without the prior permission of the Centre Management.
11. As a Denbighshire County Council facility, and for your comfort, smoking is prohibited within the building or its immediate vicinity.

For further information regarding Swimming for toddlers, please visit the A.S.A. website at [www.britishswimming.org](http://www.britishswimming.org)

The Management reserves the right to refuse admission, or expel persons if their condition or conduct may cause a risk to the safety and enjoyment of others.

