

TAMC Takos Learn to Swim Newsletter



🌺 Aloha and Welcome to Tripler Aquatics!

Hello parents! As your swim instructor, I am so excited to welcome you and your keiki to our Learn to Swim program. My goal is to ensure your little ones are safe, confident, and having a blast in the water.

Before we dive in, I want to share a few helpful tips and guidelines to make sure our lessons go swimmingly!

🕒 Arrival & Check-In

When you come in for lessons each day, please plan to arrive about **10 minutes** before your class starts. Make sure to sign in at the first lifeguard stand. If you ever need help finding where to go, just ask me or one of our awesome lifeguards!

👉 Building a Trust Bond (and Handling the Tears)

Let's be honest—the water can be a little scary for a keiki, especially if it's their first time in a pool or taking a lesson!

For me to teach them the skills they need to stay safe, I first need to build a bond of trust with them. If your keiki sees you sitting right next to the pool, their focus will be 100% on you instead of the lesson. Because of this, I kindly ask that you sit back and watch from a distance. If they need to use the restroom or if I need your help for any reason, I will happily wave you over!

Please don't panic if there is crying or even screaming at first. This is a completely normal part of the process as they get used to the water, to me, and to the routine of lessons. You can help them feel more comfortable by bringing them to the pool during our open community swim times to play and explore!

🛒 What to Bring to the Pool

Getting out the door on time can be hectic! Here is a quick table of essentials to double-check before you leave the house:

Essential Item	Why You Need It
Your Keiki	The most important part of the lesson!
Towels & Goggles	For drying off and having fun underwater.
Water & Light Snacks	Swimming works up a big appetite and thirst.
Keys, Phone, & Purse	Your everyday essentials.
Extra Sunscreen	Crucial if you plan to stick around and play after the lesson!

Taking Photos & Videos

I absolutely love seeing parents proud of their keiki! However, to minimize distractions for the whole class, please keep your phones and cameras put away during the actual lesson.

If you want a picture or video of a specific skill, just ask me *after* class! I'd be happy to have your keiki redo the skill so you can capture the moment. Just keep in mind that I might have another class starting right away, and please note that some of our fellow instructors prefer not to be on film.

Will My Keiki Swim Independently After This Class?

Every keiki learns at their own pace! Progress depends on several factors, including their age, their natural comfort level in the water, past experience, and how often they practice.

Because everyone is unique, I won't guess exactly how fast your keiki will learn to swim. The best way you can help them progress is by bringing them to the pool to practice the skills we go over in class!

Pre-Class Checklist

To ensure your keiki is fully prepared for a great lesson, please review these quick pre-class requirements:

Task	Instructor Tip
Apply Sunscreen Early	Put it on at least 30 minutes before class. If applied right before entering the water, it washes off immediately and leaves your keiki unprotected!
Blow Noses	We practice blowing bubbles out of our noses, and we want to avoid any "surprises" in the water!
Tie Back Long Hair	Hair in the face makes it hard to breathe. Please secure it in a ponytail or use a swim cap.
Hit the Restroom	Please take them before class starts. It is inevitable they will ask during the lesson, but going beforehand lessens the chances!
No Deck Changing	Please use the changing tables located in the Men's or Women's restrooms to change clothes or diapers.
Practice Without Goggles	Goggles are fun, but your keiki needs to know how to open their eyes underwater without them. I will be removing their goggles during safety swimming drills, so please practice this at home

Do you have any questions for me about the facility, what to expect on day one, or how to help your keiki get ready for their first splash?