

# WHAT TO BRING TO SWIM PRACTICE



Here's your checklist to make sure you are fully prepared!

## **Come Dressed to Swim!**

- ✓ **Swimwear:** Make sure you're already suited up and ready to go
- ✓ **Tennis Shoes:** Have your tennis shoes on when you show up for practice
- ✓ **Sunscreen:** Apply your sunscreen ***before*** dryland practice begins - protect that skin!
- ✓ **Sandals/Flip-Flops:** Save these for a comfy change after practice
- ✓ **Sun-shirt:** Recommended for sun protection during dryland
- ✓ **Swim Gear:** Label equipment and belongings, when possible

## **Don't Forget These Essentials:**

- **All Swimmers:**
  - ✓ Water Bottle, Towel
  - ✓ Goggles, Swim Cap, Fins
- **For Swimmers 11 yrs. & Over:**
  - ✓ **Snorkel**
  - ✓ **Pull Buoy** (aka Pull Float)
- **For Swimmers 13 yrs. & Over:**
  - ✓ **Stroke Paddles**

## **POOL NOTES:**

### **49er Pool**

- Kindly **stay off the greens and sand traps** (we may use the grass north & west of pool)
- **No parking in the driveway** – drop-off only (enter from south)
- Restrooms are inside the **Fitness Center** (west entrance)
- Please ***do not*** use the restaurant restrooms – they are for dine-in customers only
- You are welcome to enjoy the restaurant deck (no alcohol on deck, per SAAA & USA rules)
- Please be respectful: **tidy your area and dispose of trash**

### **EHAC Pool**

- This is a non-profit community pool with NO staff
- Kindly remove all trash and belongings
- Return furniture to original locations
- Check the restrooms after your swimmer is finished
- Your help supports a safe and welcoming space for all

### **Skyline Pool**

- Let the gatehouse attendant know you are here for swim practice; follow signs to the clubhouse
- Please be respectful: **tidy your area and dispose of trash**