

What to Expect for your First Adult Swimming Lesson

Whether you are a total beginner or just looking to improve your technique, starting swimming lessons as an adult can be daunting. Although we try and make the process as easy as possible, the first lesson can sometimes be difficult, especially if you are unsure of what to do.

If you have already booked in swimming lessons, or you are thinking about it, have a look at our helpful guide to surviving the first lesson as an adult....

Before the lesson – Make sure you have everything you need for your first lesson.

- ➔ We strongly suggest wearing goggles, it should feel more comfortable without water getting in your eyes. Also trying to see where you are going without them is tricky.
- ➔ Think about your choice of swimwear. Although you may be used to swimming at the beach in board shorts, in a pool situation these will create drag and slow you down. We suggest trying to find some tighter fitting togs to help you be more efficient in the water
- ➔ No one likes surprises, if you haven't been to our pools before you will need to know where to go. All of our pools have clearly signed Reception areas, if you make your way to reception our staff will be able to point you in the right direction. We also have helpful welcome videos on our website. Click on your pools location page and have a watch of the video to see the process of your first lesson before you come.

During the lesson

- ➔ The first lesson is a great opportunity for you to speak to your instructor about your own personal goals. Whatever you want to get out of swimming, we will be able to tailor the sessions to work towards your goals.
- ➔ Don't be worried if you don't feel like you have progressed enough on your first lesson. It takes time for your body to get used to swimming and to master the skills needed. It is normal to feel tired or achy during the first lesson, your strength and stamina will improve as your technique does.

After the lesson

- ➔ Don't give up! Be prepared that progress may be slow initially until you get used to swimming. If you keep at it, you will start to progress, it may just take a little time to get to the level you want to be at.
- ➔ Practice. The more practice and repetition you can do the better. This will help you progress quicker by repeating the skills you have been taught in your lesson. We have public swimming sessions all year at our Mt Eden and New Windsor pools, with Summer sessions at Glen Eden and Massey. Check out our website for all public swimming session times.

We hope this helps you prepare for your first lesson.

Good luck!



Dean Greenwood
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