

# Swimming Lessons at Coogee Beach - Sessions 1 to 4



On Monday, I will be going to swimming lessons with my class and teacher. The swimming lessons go for two weeks. We will go on the bus. On the bus, there will be other classes who are also going to swimming lessons.



The swimming lessons will take place at Coogee Beach



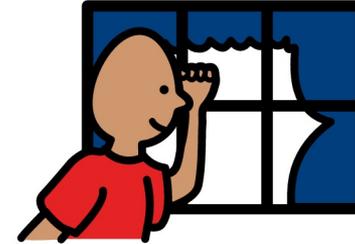
My teacher will tell me when our class will go swimming. I can come to school in my swimming clothes or I can get changed at school. I will wear my school uniform on top or it will be packed in my swimming bag.



My teacher will tell me when it is time to leave the classroom. I will take my towel, goggles and thongs and line up outside my classroom. I might also choose to take a dressing gown.



With my teachers and class, we will walk quietly to the bus. The bus will be waiting for us outside the school. We will go through the gate near Room 50. We will line up next to the bus. As we get on the bus, a teacher will count how many students get on.



The bus might be noisy. If it's bothering me, I can talk to my teacher. My teacher might let me sit at the front with a friend. I can also pack some regulation tools like headphones or small fidgets to help me. Another strategy I can use is to look out the window.



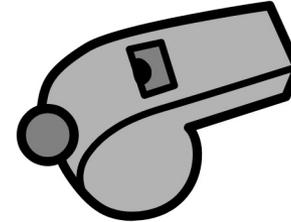
When the bus arrives at the beach, we will walk quietly off the bus. I will line up with my class and we will walk in a line from the carpark to the beach. I will follow my teacher.



When I get to the meeting spot, I will put my towel and thongs on the sand. We will sit on the beach and wait. I will meet my swimming teacher here. My swimming teacher may ask me to put on a swimming cap before my lesson starts. This is to help identify what group I am in.



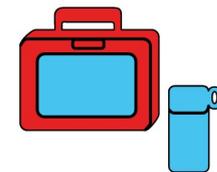
When I get into the beach, I might get splashed and will be asked to put my head under the water. My swim teacher will look after me while I am at the beach. I must be calm and listen.



If I need to go to the toilet at the beach, I can ask my teacher and they will take me. I must not go on my own. We will go to the toilets next to the cafe. At the end of the swimming lesson, the whistle will blow 3 times. I will stay calm when this happens. I will follow my swim teacher's instructions and get out of the water.



When I am out of the water, I will walk to my towel and thongs. My towel will keep me warm and dry. If I have a dressing gown or shirt, I will put that on. I will then line up quietly with my class and wait for the next instructions. We will walk back to meet the bus.



When I get back to school, I will have time to change out of my swimming clothes, back into my uniform. My towel, goggles and thongs will need to go in a bag ready for me to take home. When I am ready, I may have time to have something to eat and a drink. My teachers will tell me what I can do.