



## Swimming Los Angeles Swim School – Guppy Welcome Details

**Pacific Palisades Location**  
Palisades Charter High School  
Maggie Gilbert Aquatic Center  
15777 Bowdoin Street  
Pacific Palisades, CA 90272

**Lincoln Middle School Location**  
1501 California Ave (pool located on 16<sup>th</sup> Street near  
Washington Ave)  
Santa Monica, CA 90403

### **Parking & Entrance to Maggie Gilbert Aquatic Center at Palisades Charter High School**

Arrive with plenty of time to park on your first day to ensure you are ready to start class on time. Although the pool is located on the Northwest corner of Temescal Canyon Road and Bowdoin Street, the high school parking lots are a little further west on Bowdoin Street on the right-hand side. Simply make a right into the entrance for the high school. If you pass the high school entrance on the right and find yourself veering left then you've gone too far. There is ample parking in the lots surrounding the high school. Please leave enough time to find the parking lot and walk to the pool before class begins. There is also parking along the school-side of Temescal Canyon Road, next to the fence around the pool area. There is an entrance into the pool area along the Temescal fence. **All lessons start and end on time.**

### **Parking & Entrance to Pool at Lincoln Middle School**

Arrive with plenty of time to park on your first day to ensure you are ready to start class on time. The pool at Lincoln Middle School is located on the west side of 16<sup>th</sup> Street near Washington Ave. You may park anywhere on 16<sup>th</sup> street or in the parking lot at the southwest corner of 16<sup>th</sup> Street & Washington Ave. **All lessons start and end on time.**

### **Swim Diaper Policy**

**Reusable swim diapers are required for ALL minor participants under the age of 3, even those who are potty-trained.** Swim diapers must have tight-fitting elastic around the legs and waist to prevent fecal leaks. **We do not allow disposable diapers of any kind under the reusable diaper as the reusable diapers are more effective, better for buoyancy, and more environmentally friendly.** Participants arriving to class without a proper swim diaper will be required to purchase a reusable logo swim diaper (\$20.00) before entering the water. **Please note that our swim diaper inventory may be out of certain sizes and Swimming LA is not responsible for any classes missed as a result of improper swimwear.**

### **Baby Wetsuit & Swim Diaper Recommendations**

**Please note that Swimming LA only permits space at our facility locations and does not have any control over the water temperature.** According to the facility web site, MGAC maintains a water temperature of 84F in the small pool, however, we have experienced it cooler on occasion. Lincoln Middle School maintains a temperature of 80-82F. Swimming LA prefers temperatures in the range of **88-93F**, so MGAC and Lincoln will feel much colder. **To ensure baby's comfort, Swimming LA strongly recommends families purchase some kind of Baby Wetsuit.** Splash About makes some of the best baby swim products available and are worth the extra investment, although sizing can be tricky. Our recommendations (in order) are below, but please pay close attention to sizing for your particular child. To find on Amazon, search for "Splash About **[Product Name]**" (in **bold** below). **Some patrons have also successfully purchased Splash About products on Walmart.com.**

1. The **Happy Nappy Wetsuit** is our favorite option with elbow-length arms and core body coverage. **The Happy Nappy Wetsuit features an integrated Happy Nappy swim diaper so no need to wear a swim diaper underneath.** This item can be purchased on Amazon, **but not available for Amazon Prime so allow for extra shipping time.**
2. The **Warm In One** is fleece-lined with full-body coverage designed for chilly pools or windy beaches. **A reusable swim diaper still must be worn underneath. This item can be purchased via Amazon Prime.**
3. The neoprene **BabyWrap** is designed to provide core body coverage and warmth. **A reusable swim diaper still must be worn underneath. This item can be purchased via Amazon Prime.**
4. The **Happy Nappy** swim diaper. **Swimming LA recommends this swim diaper as the most effective at protecting against fecal leaks into pools. This item can be purchased via Amazon Prime.**

Please also click on the links and watch the videos we have available at [SwimmingLA.com/Learn-To-Swim](http://SwimmingLA.com/Learn-To-Swim)



## Seven Things Parents Don't Know About Swimming

by Matt Harrigan,  
Founder of Swimming LA, Inc.

**1. Learn to swim yourself.** Parents who don't swim or don't know how to swim often raise kids who can't swim. Make it a family activity. Kids do as we do, not as we say. **We have an amazing adult program at Swimming LA.**

**2. The Power of the Shower.** Don't mistake this for the bath! Shower your child often and make it fun. The more water on the hair and face, the better. The shower is the most underutilized swimming aid in the world. Parents just don't think to use it and it will work wonders for your child's swimming progress. **We have lots of other tips and videos on how to prepare your baby for successful swim lessons at SwimmingLA.com.**

**3. For children under three years old, group lessons are better than privates.** Group lessons will do more for your child's intellectual and social development than privates. Not only do they cost less, but your child will have the benefit of more social and intellectual interaction. Children at this age learn through music and song, which is challenging to incorporate into private lessons.

**4. Familiarize yourself with the Griffith study.** Children who are swimming at an early age are reaching key learning milestones up to 15 months earlier than their non-swimming peers. You can see the videos and study results on our website at [SwimmingLA.com](http://SwimmingLA.com). We have an entire page devoted to the [Intellectual Benefits of Early Age Swimming](#).

**5. Secondary Drowning (or Dry Drowning) is extremely rare.** Dr. Larry Kagan of Westside Pediatrics: "That's the problem with Dr. Google. People have access to so much information that they scare themselves. These things are actually so rare that it's not even worth worrying about. The likelihood of this happening is super, super low. With that said, always consult a doctor after a near drowning event." WebMD: "Dry drowning and secondary drowning are not common. Both probably amount to only 1%-2% of drownings."

**6. Saltwater pools do contain chlorine.** Saltwater chlorination is a process that uses dissolved salt as a store for the chlorination system. The chlorinator uses electrolysis to break down the salt (NaCl). The resulting chemical reaction eventually produces hypochlorous acid (HClO), and sodium hypochlorite (NaClO), which are the sanitizing agents already commonly used in swimming pools. As such, a saltwater pool is not actually chlorine-free; it simply utilizes a chlorine generator instead of direct addition of chlorine. Saltwater pools lack chloramines, referred to as combined chlorine. Chloramines are the irritants which give traditional pools the stigma of burning eyes and caustic smell.

**7. There is no such thing as a watersafe child!** No matter how confident you think your child is in the pool, they still need constant supervision at any age.

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