



# Lesson Information Guide

## for The Mallinson, Highgate

### Address

Mallinson Sports Centre, Highgate School,  
Bishopswood Road, N6 4NY.

### Parking

There is ample unrestricted parking on and around Bishopswood Road at the weekend.

### When you arrive

Please enter at the main entrance and head to the changing areas and through to your colour zone on poolside.

### Changing & Lockers

There are large separate male and female changing facilities as well as a family changing room. If you wish to use the lockers, they use a number combination which you set yourself.

### What to bring

Swimmers should arrive "pool ready" (wearing their swimwear under clothes) so you can head straight to the poolside when you arrive. Please leave your belongings in a locker and do not bring bags to the pool area. All equipment for the lessons will be supplied, the wearing of goggles is optional. Please ensure long hair is tied back, a swimming hat is recommended.

Parent & Baby classes may bring a towel with them. Children who are not toilet trained, must wear an appropriate swim nappy which should be taken home with you to dispose of.

### Colour Zone

We will advise you of your child's colour zone to meet at the beginning of the lesson. When the lesson finishes, it is the parents responsibility to ensure their child is collected safely and taken to the changing area.

### Who gets in the water?

Parent & Baby	➔	Parent in
Duckling	➔	Teacher in
Stage 1 or 2	➔	Teacher in
Stage 3 & above	➔	Teacher out (unless required)

### Viewing

There is a large viewing balcony overlooking the pool where spectators may view the lessons. We ask that you remove outdoors shoes or bring clean footwear (such as flipflops/sliders) to wear in the pool/ changing rooms to keep the areas clean. Parents/carers should not leave the site and should be available to collect their child through the changing rooms once the lesson has finished.

***We look forward to welcoming you!***

If you have any questions, please email us at [info@wildfishswimschool.com](mailto:info@wildfishswimschool.com). On the day of your lesson, the office may not be open so we will respond to any query as soon as possible.



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