

Welcome to
Swimming Buddies.

I am going to
swimming sessions
and can find out
what will happen by
reading this guide.



Our Journey to Swimming Buddies at Templemore Baths - Main Pool

Let's follow Sammy Seahorse...



Before I come, I will need the right clothes for swimming.

This can be a swimsuit or swim shorts; I can choose to wear a rash vest or wetsuit if I need.

I can choose to bring goggles, a swim hat or ear bands.

I can wear all my swim things to the pool with something on top to keep me warm, or I can pack them and change when I get there. I will need a towel to dry myself with after.

I can shower at the pool. I will need to bring my shower things like shampoo and body wash.

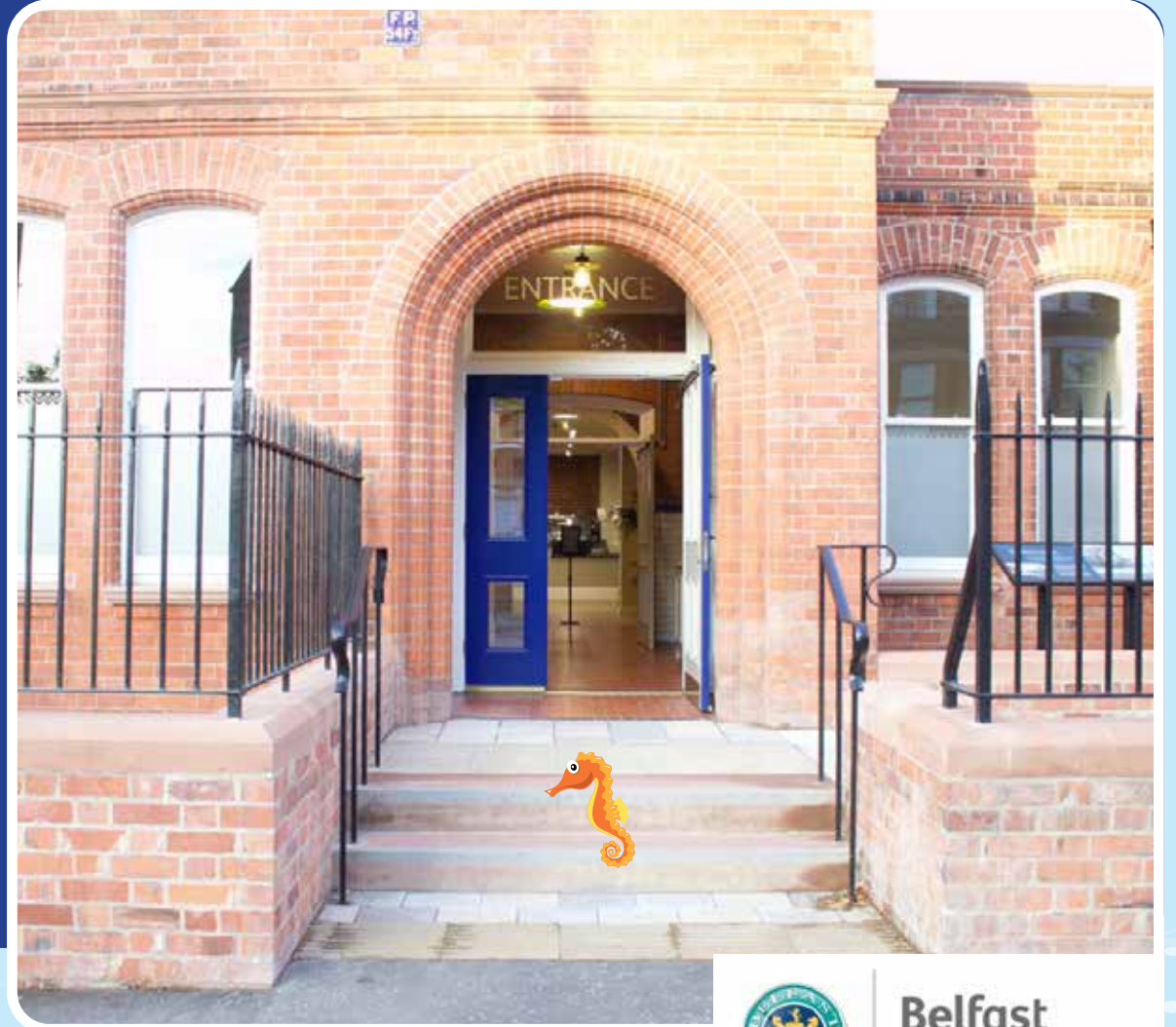
If I don't like to feel different textures with my bare feet I can bring flip flops or water shoes to wear in the changing room and around the edge of the pool. These must be clean "inside only" shoes.



1

This is Templemore Baths.

The pools are inside.

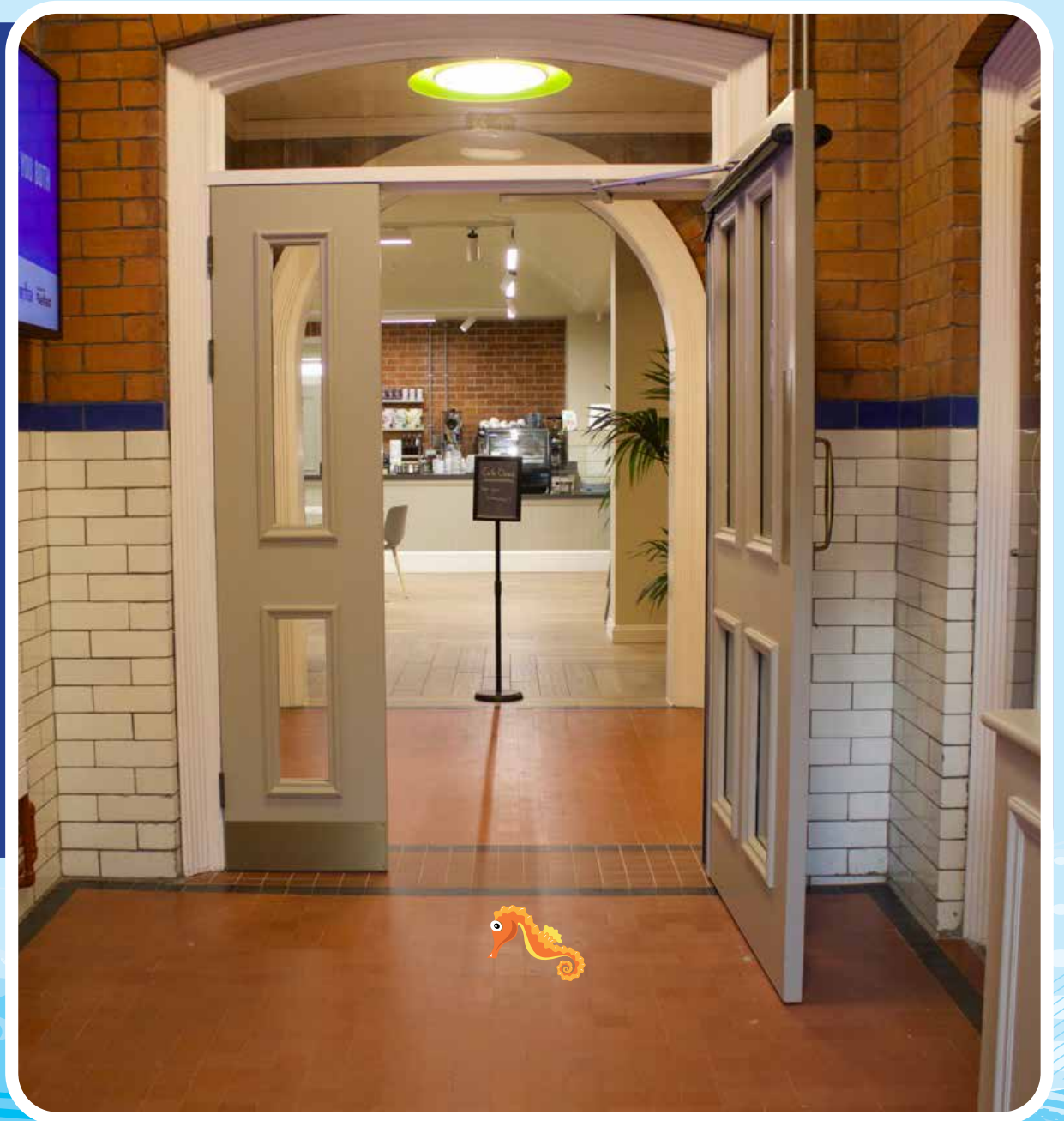


Belfast
City Council



2

Follow through these doors to reception.



3

Say 'Hi' to the reception team and ask them to open the barriers for you.



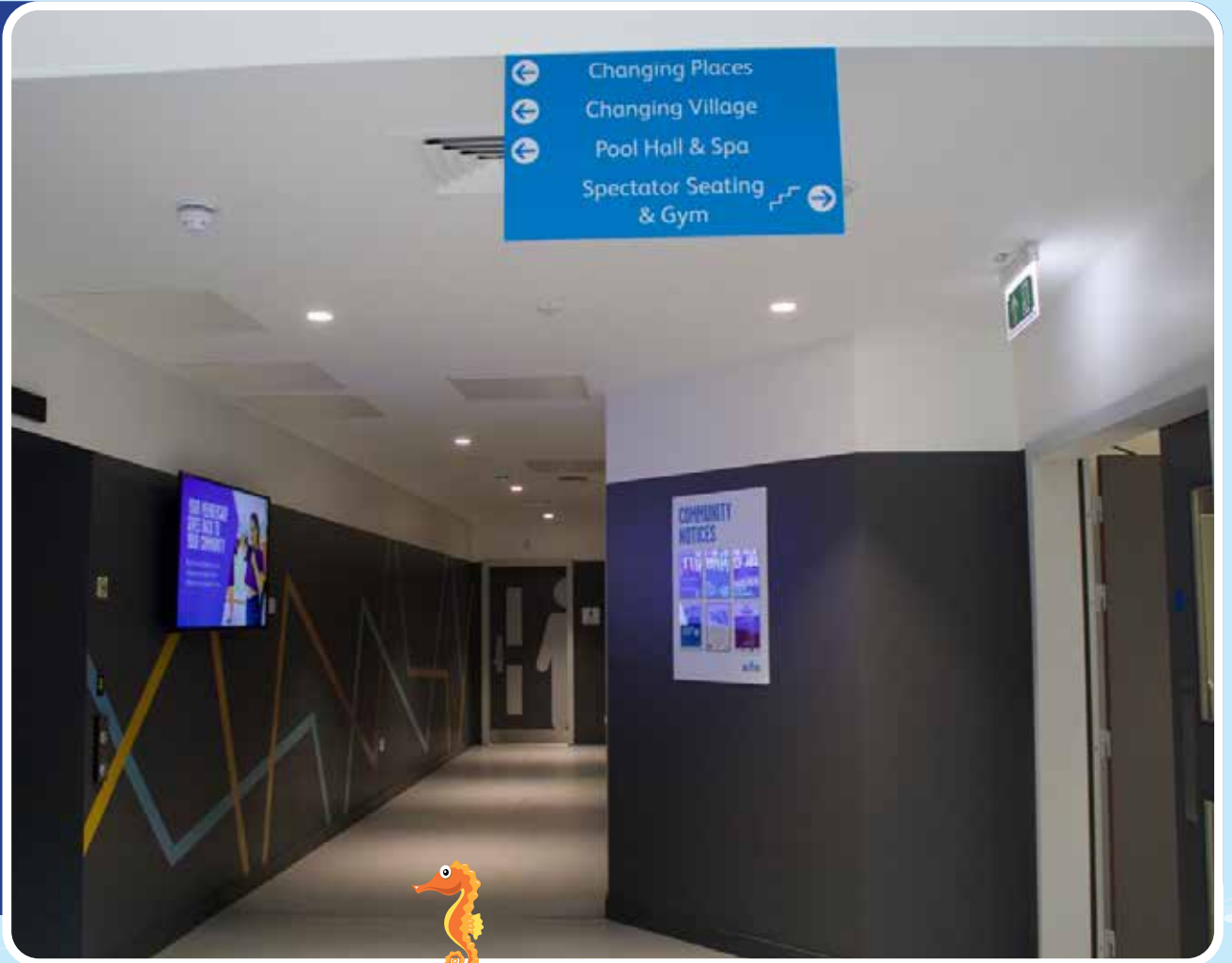
4

Walk through the barriers when the reception team open them for you.



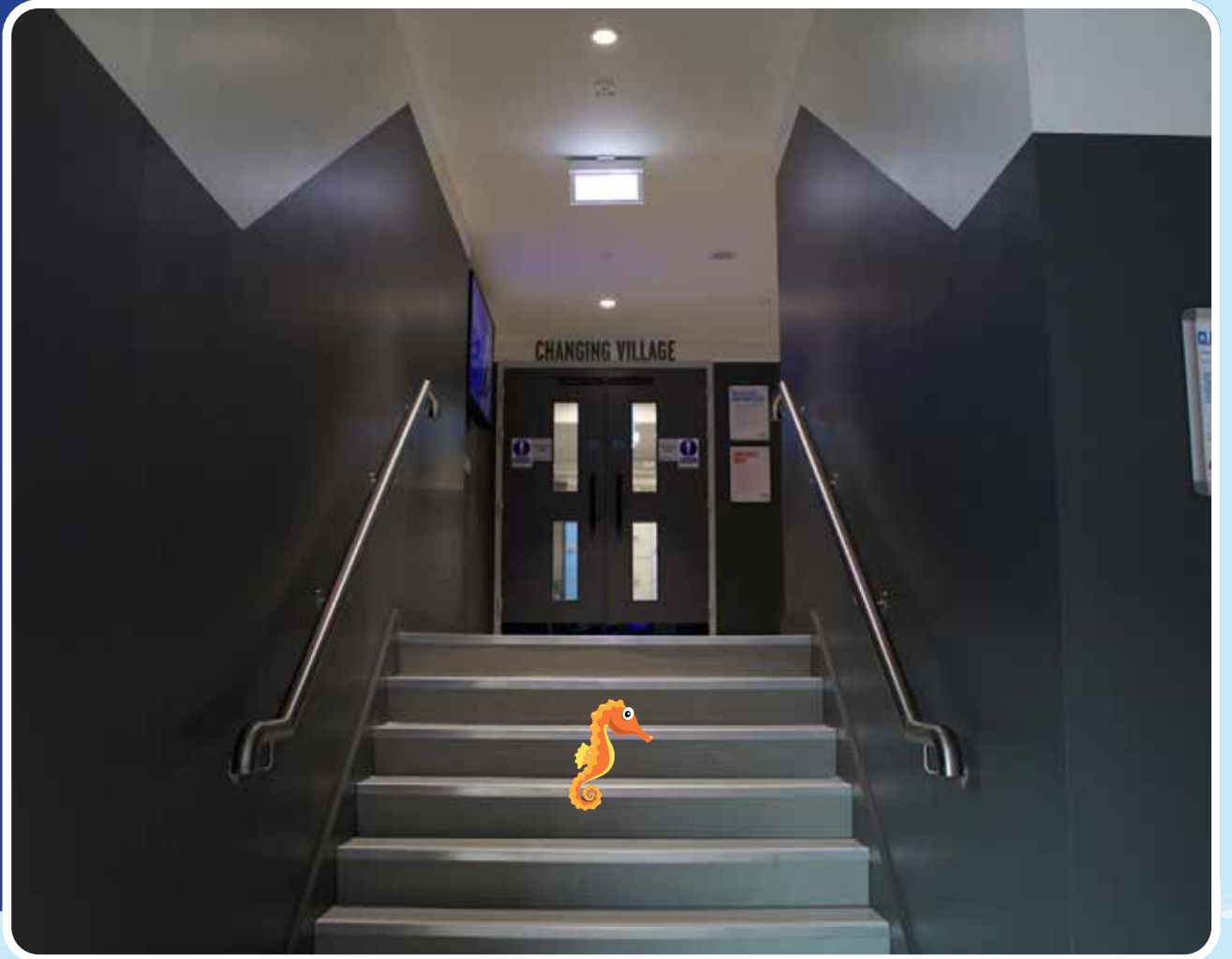
5

Turn left at the
changing room signs.





Walk up the stairs to the entrance of the changing village.



7

We can change in these cubicles.



8

We can store our clothes in these lockers.



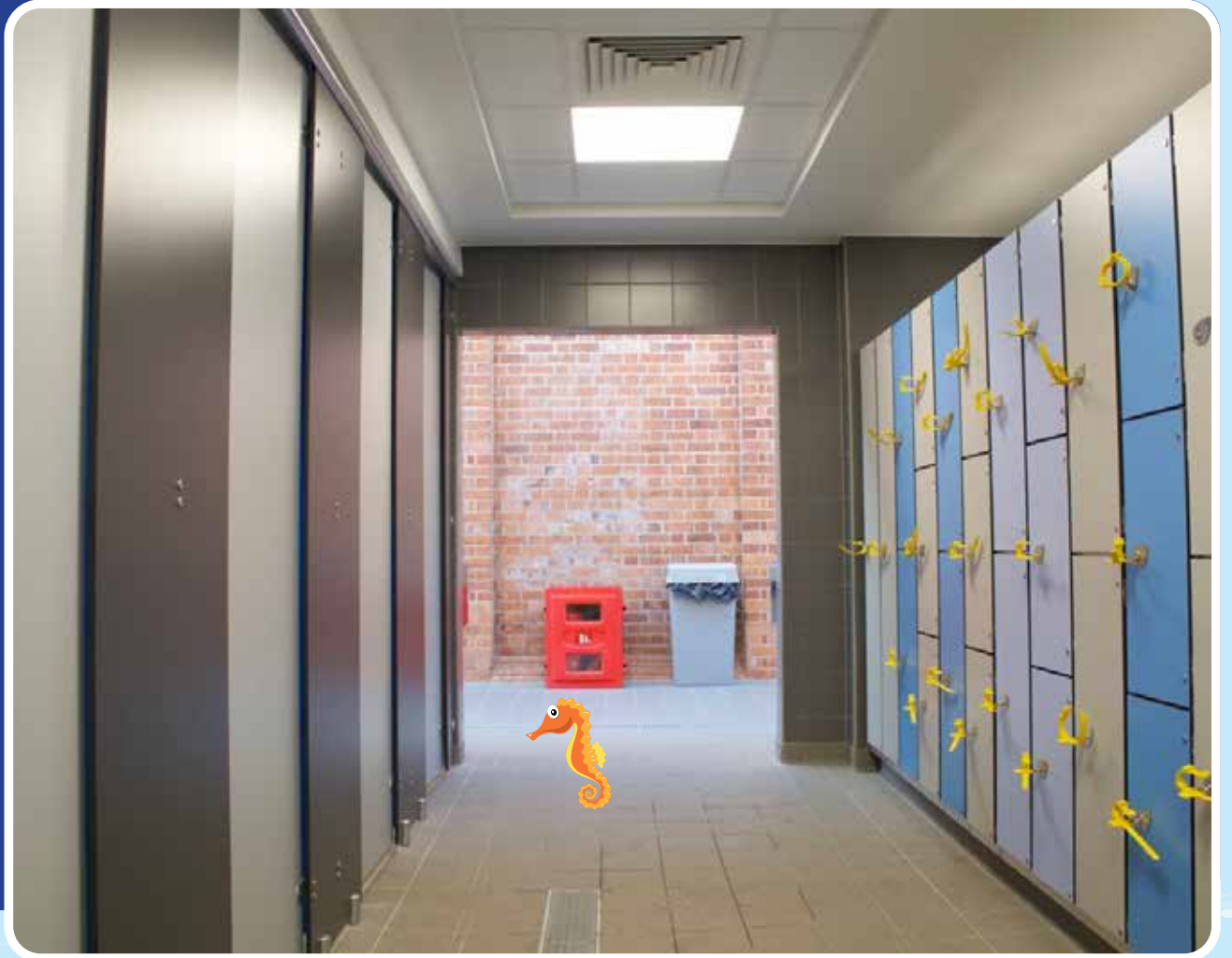


Follow the signs
to the pool hall.



10

Turn left at the
end of this corridor.



11

The entrances to the pools are to the left and right.



12

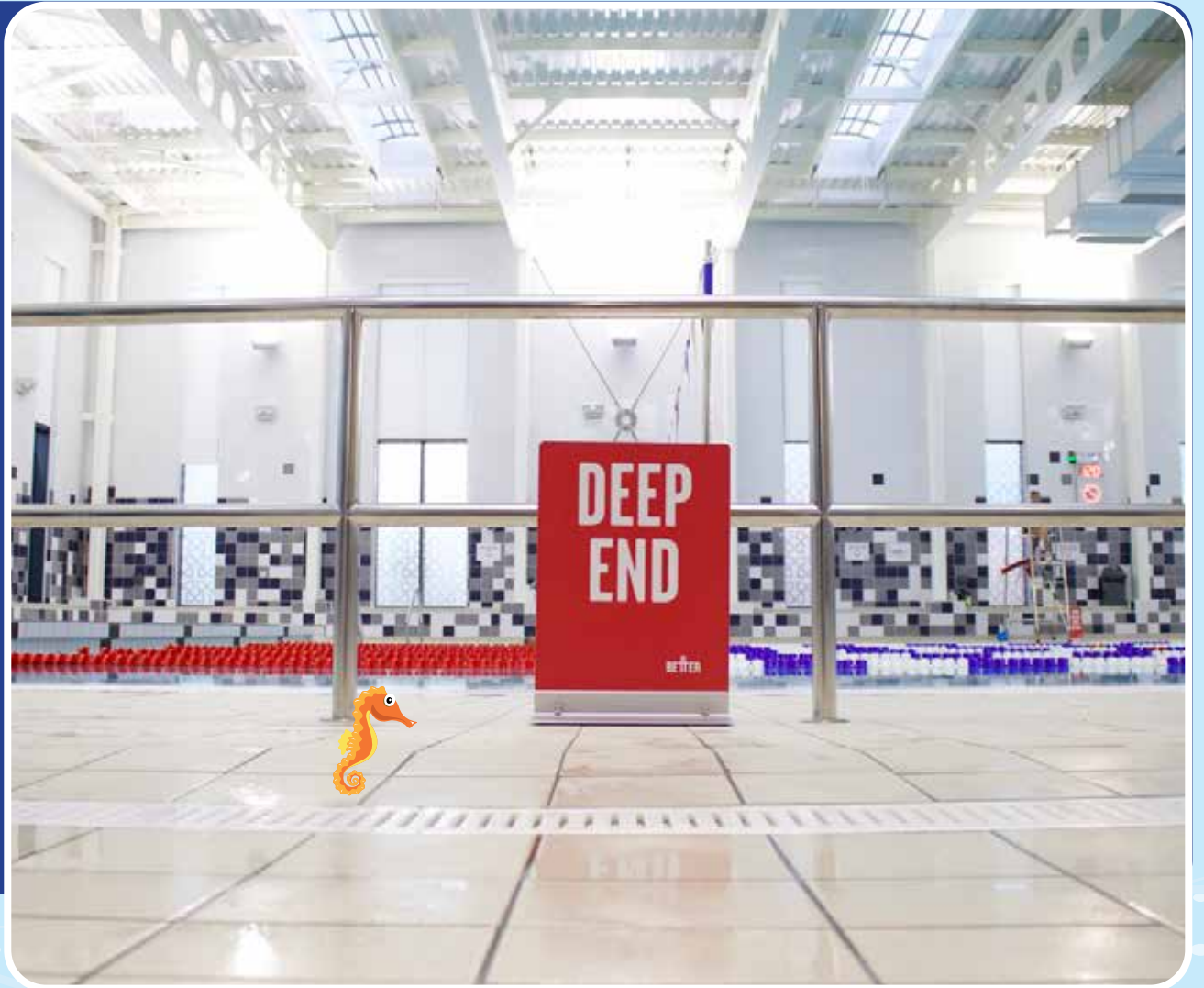
Turn right at the pool signs and follow the corridor to the main pool.



13

This is the main pool.

Stay back from the deep end for safety.



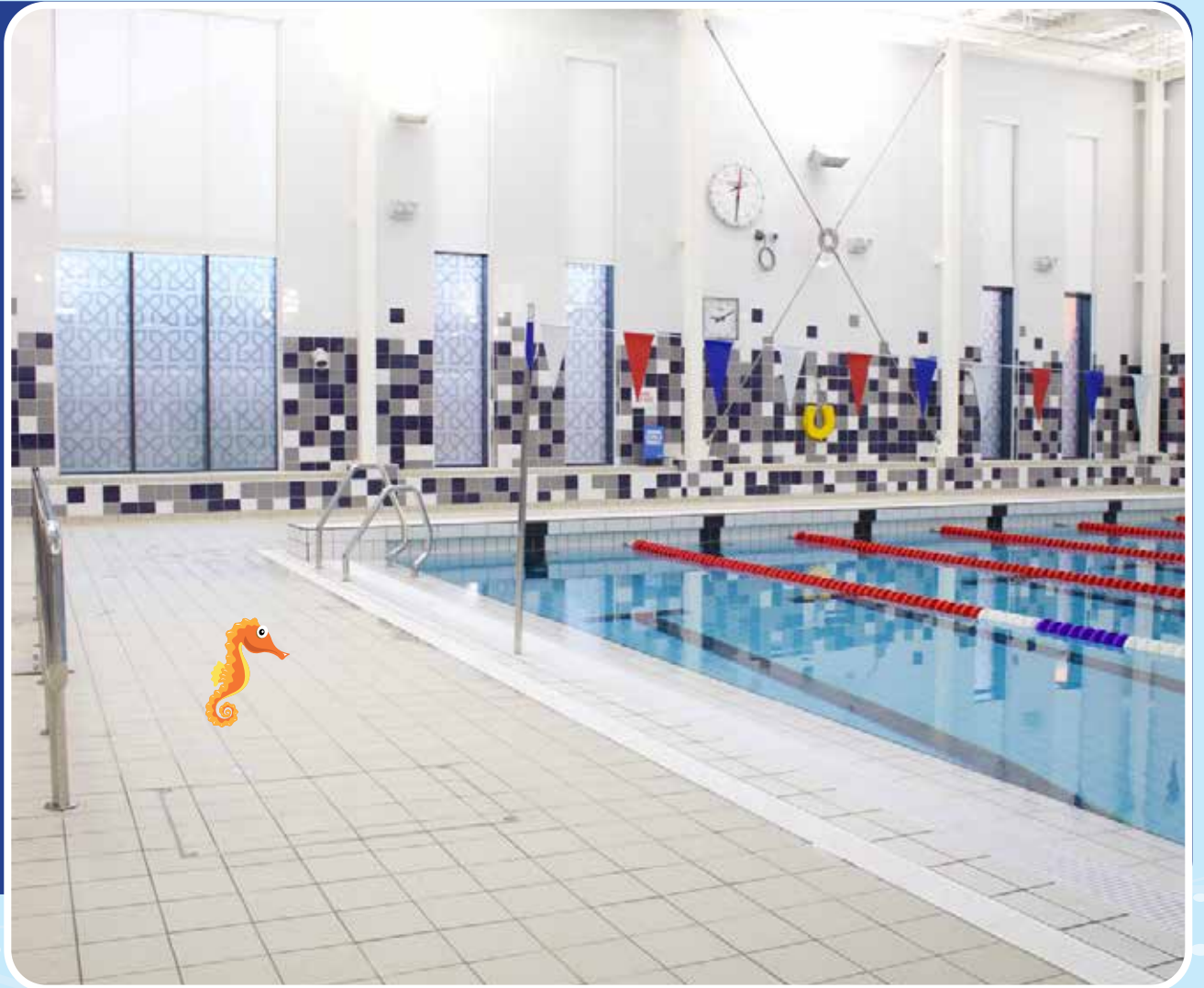
14

We will wait here for our coach.



15

This is the main pool where we will have our session.



16

We will begin our session in the shallow end of the pool.



17

My carer will go to the spectator gallery to watch me.



18

My carer can see the whole pool from the spectator gallery.



19

My carer will meet me back here after my session.



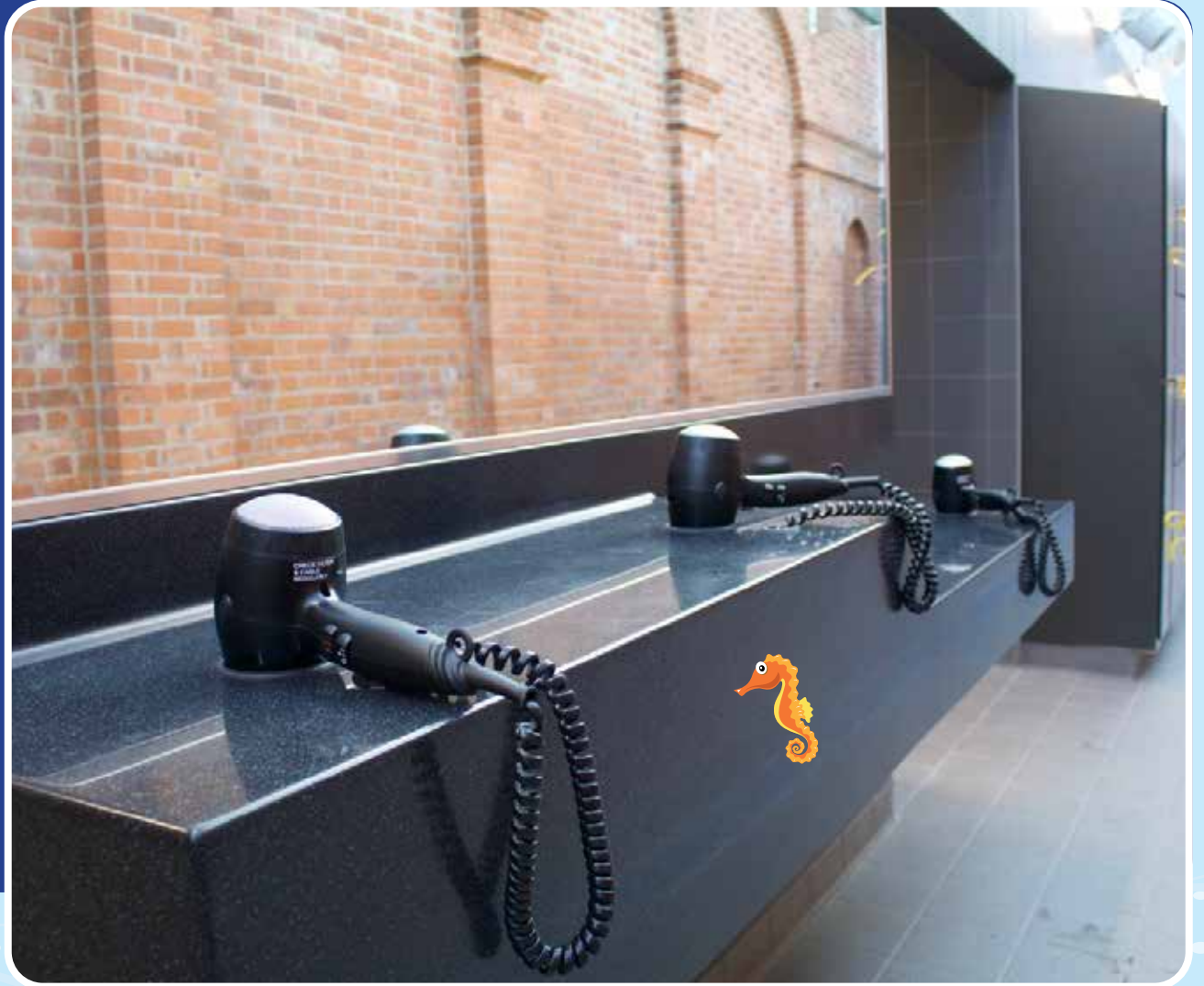
20

I can have a shower here after my session.



21

I can dry my hair after my session.



22

Go back along this
corridor to the exit.



23

Follow the signs for the exit.



24

We exit the barriers by walking towards them and they will automatically open.



25

Say 'Goodbye!' to the reception team on your way out.



26

'See you soon
Buddies!'



Meet the Swimming Buddies Team...



Sarah Jane



Coach Joel



Coach Pauline



Coach Zoe



Coach Emma



Coach Pamela



Coach Nicky



Coach Martina



Coach Sean



Coach Jenny



Coach Jonny



Coach Raymond



Coach Laura B



Coach Anna



Coach Jill



Coach Sarah



Coach Dan



Coach Chris



Coach Hazel



Coach Cora



Coach Steph

