



# WELCOME

## Welcome to Penguins!

We are really looking forward to starting the classes with you! We would like to give you here important information, so that your first class is a great experience.

All our classes will start punctually: we recommend you arrive 20 minutes before the start of each class. You can enter the changing rooms as of 15 minutes before the start of the class. Hygiene is very important in Penguins: here is what you should bring to your classes:

### Baby y White Penguins

- It is mandatory to wear **clean swimming pool flip-flops** (which can be easily removed and put on) for any person accessing the changing rooms and the pool area. For children under 3 years, we recommend the use of "anti-slip" pool socks.

- All adults and children over 2 years old should wear a **swimming cap**.

- "Anti-leak" **swimsuits** for children until 3 years old (highly recommend by our partner swimming school in Sweden and USA): Penguins will provide the two "anti-leak swimsuits" required for hygiene reasons on the day of your first class. There are several sizes available; they will be charged in cash or by credit card on the first day.

- **Towels** for adults and babies.

### Children (+3 years)

- It is mandatory to wear **clean swimming pool flip-flops** (which can be easily removed and put on) for any person accessing the changing rooms and the pool area.

- All adults and children over 2 years old should wear a **swimming cap**.

- **Towel** (and also ideally **bathrobe**) to get ready after the swimming class.

- **Swim goggles**: we recommend all children to bring swim goggles.

### Pregnancy preparation AIPAP

- Before the class, it is requested to wear **clean swimming pool flip-flops** (which can be easily removed and put on), for any person accessing the changing rooms and the pool area.

- All adults should wear a **swimming cap**.

- **Towel** (Penguins will not provide towels).

- We also recommend bringing a **bathrobe** for your maximum comfort.

Equipment you can purchase at Penguins:  
Swimming caps, Goggles, "anti-slip" pool socks, "anti-leak" baby swimsuits.  
Ask us at the reception!

## IMPORTANT – please read our General Conditions before the first day of class:

<https://penguinsbarcelona.com/wp-content/uploads/2018/12/Condiciones-Generales-PENGUINS-BARCELONA.pdf>

**See you soon!**  
**Penguins Team**

IF YOU HAVE ANY OTHER QUESTION... WE ARE HERE TO HELP YOU:

**PENGUINS BONANOVA**  
Horaci 7, 08022 Barcelona  
Customer Service: 936.315.880

**PENGUINS DIAGONAL**  
Royal Fitness – Hotel Fairmont  
Av. Diagonal 661-671, 08028 Barcelona  
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[www.penguinsbarcelona.com](http://www.penguinsbarcelona.com)

