

## First Practice With Express

For your first practice we recommend getting to the pool 15 minutes before the scheduled start time. This will give you extra time for questions and anything else you may need. Remember to bring all swim equipment necessary for your [Swim Group](#) along with suit, cap, goggles and towel. To purchase this equipment, please visit our [Team Store](#).

To get to the Waukesha South Natatorium, enter into Waukesha South High School's parking lot off of Tenny Ave. You will see doors with Waukesha South Natatorium screening on it but will enter through Door #19 instead. Door #19 is located just further into the parking lot by the football field. The number is posted above the door.

Once inside, the Coaches Office will be on your right. If a coach is inside, introduce yourself and they will help you with any questions you may still have after reading this. If the coaches are not in the office they will most likely be wearing Express t-shirts and talking to a group that is currently in the water. They should be finishing up with their group and will be able to help you and the others be ready for practice shortly. You can always use the [Coaches Page](#) to get to know your coach ahead of time as well!

You should also get changed into proper workout attire (dry land or swim suit depending on group and day of the week) before the start of practice. The locker rooms are located across the pool on the left hand side. Both the Girls and Boys locker rooms are labeled above the doors. There is also a family restroom between the two.

Please review our [Locker Room Policy](#) before your first practice as well.

During practice parents are welcome to stay and watch from the bleachers. If you are leaving let your swimmer know beforehand and be back to pick them up at the end of the scheduled practice time.