



PARENT/BABY INFORMATION SHEET

Lessons are conducted in the deep end of the heated indoor 25m pool

Parent Baby Lessons are 1 x 30 minutes per week
Children Lessons operate: Monday to Friday 9am – 12pm
Saturday 8:30am – 1:05pm
Sunday 8:30am – 12:15 pm

OUR PROGRAMME

Our Parent/Baby Program is designed to enable you as a parent the ability to assist your child to feel confident and relaxed in water whilst laying the foundation for the easy acquisition of basic swimming skills and teach your child to have a healthy respect for an aquatic environment. We supply all necessary equipment required during the lessons, but do ask you to dress your baby in either disposable or washable swimming nappies eg. little swimmers, peepees, huggies, etc., as this is a compulsory Health Department requirement. Parent/Baby lessons also provide a wonderful opportunity for bonding with your child.

Parent/Baby lessons operate within a framework of 4 structured levels based on physical development as follows

- Jellyfish Pre-crawlers, commando and hands and knees crawlers
- Penguins Walkers between 12 and 24 months of age
- Otters Walkers between 24 and 33 months of age
- Goldfish Walkers between 33 months and 36 months of age - A transitional level to independence, requiring parents in the water during lessons (teacher discretion).

REPETITION

Children learn and benefit from repeating skills and will become more proficient, confident and relaxed when performing them. Gradually reducing parental support will assist in extending the skills your child has mastered.

USEFUL HINTS

- Your child can wear an all in one swim suit or a swim suit which is snug around the leg with a close fitting t-shirt.
- Almond oil or Sorbolene is an excellent product for lightly covering your child as a skin barrier if he/she has sensitive skin.

PARENT'S ROLE

You should participate fully in the lessons to receive the most benefit from them.

- Wear a t-shirt to encourage and develop your child's grasping skills
- If you submerge with your child both of you will be more comfortable and you will soon see how much fun your babies have and how relaxed they are under water (**wearing goggles is a good idea for parents to enable clear vision and monitoring of submersions**).
- Sing along with the group. Children love songs and will be more likely to join in if you do.

BATH TIME

Some skills learnt (floating, cup pouring, bubble blowing, dip/whole face in, kicking) in the lessons can be practiced at home during bathtime with your child. This continues the bonding process, making learning more enjoyable as well as giving your child more time to practice.

CHILDREN'S PROGRESS AND THE IMPORTANCE OF SUPERVISION

It is extremely important to remember when learning, children progress at their own pace. To assist in this process you should provide lots of positive re-enforcement, support and encouragement even when he/she is having a bad day.

On a final note, please remember that the most important thing for both you and your child is to relax and enjoy your lessons together.

There is no substitute for supervision. Children should be supervised by an adult at all times in or around water of any depth.