



Why teach 4- 12mth olds?

- To teach skills to last a lifetime
- To give the child and their families a passion for the water that we all have
- To give the child a comfort in the water before they develop fears
- To aid flexibility, balance and co-ordination
- To aid learning while bonding and promote trust with parent or carer

What do we teach all our young swimmers?

- Basic breath control skills
- Safe entry into the water and exit from while your hands are full!
- Learn and experience- buoyancy body orientation and rotation skills
- Introduction to water activities while developing confidence and independence
- Learn through play
- Flotation skills leading towards independence.
- We are the facilitators- we teach you what to do
- Non competitive atmosphere
- Children progress at an individual rate.... We recognise this!

Natural growth and physical development mean that all children will go through stages of unwillingness to participate in some activities. This is part of establishing independence. Children also have the need for parents and carers to show patience and modify activities to help establish confidence and participation, please listen to your instructors, they will help. Back floating is a prime example of children's growth in the aquatic environment, as an infant they relax and enjoy the movement in the water, as they start to crawl and walk the willingness to be "vulnerable" and "out of control" is sometimes missing!!! They want to see what is going on and prefer to be in an upright posture.

Your Role:

- Praise and encourage your child
- Be patient at all times
- Promote a sense of trust
- Be realistic of your child's abilities in the water
- Model new skills
- Provide assistance and physical support as required
- Take responsibility for their child's safety in or near water, practice where possible.

No child is completely safe around water and should never be left unsupervised.