

ADULT & CHILD

STAGE 2 | 1 - 2 years

THINGS YOU WILL LEARN

During Stage 2 of the Adult & Child programme, we will be introducing flotation aids to the session while developing water confidence.



Inverness Leisure, Bught Lane, Inverness, IV3 5SS T: 01463 667500

www.invernessleisure.co.uk



facebook.com/invernessleisure



twitter.com/inverleisure

INVERNESS
Leisure

fun | friendly | family | fitness

THINGS YOU WILL LEARN

Throughout the six-week course, we will offer you advice and simple techniques including:

How to confidently support your child on a woggle:

First of all have your child in front of you resting on the bend of the woggle with their arms hanging over it. Position yourself behind, helping the child with your elbows resting at the ends of the woggle for extra support.

How to allow your child to self-discover their own abilities:

Children who receive the right sort of support and encouragement during their early years will be creative and adventurous learners throughout their lives.

How to develop underwater confidence:

When you first get in the pool, make sure that your child's face is fairly close to yours and that you make good eye contact, holding them close to you. As you both relax and feel more confident in the water you can extend your arms and allow your child to explore in the water.

How to improve your child's water awareness when moving around in the pool:

Water awareness sounds like a very basic concept, however the way you approach it is very important. Teach your child about potential risks and hazards in and around the water. Always model safe behaviour as this is the best way to encourage a positive attitude towards water safety rules.

How to be confident with your child so you will both enjoy your time in the pool:

Raise your confidence supporting your child in the water by encouraging the correct swimming positions. Your time in the pool will also allow your child to become more independent moving around the pool whilst at the same time learning how to keep safe. Playing games together will allow you to encourage your child to improve swimming on their front and back, which will also increase their confidence and allow them to master all swimming strokes.

THINGS YOU CAN TRY OUT WITH THE COURSE OR AFTER COMPLETING THE COURSE

It is important that you and your child continue to develop the skills you have learned. Here are some ideas how:

Go to the swimming pool regularly – at least once a week if possible:

Swimming on a regular basis will continue to improve your child's confidence in the water and will retain the techniques they have learnt.

Allow your child to explore the toddler pool - let them enjoy playing in the water sprinklers and going down the slide:

Allow your child some Splish 'n' Splash time in our toddler pool. Watch them have lots of fun with the water sprinklers and whizzing down the slide.

Use sinking toys to allow your child to self-discover with movements and submerging:

The secret to success when teaching young children is to make learning like play. Sinking toys such as diving sticks are weighted at one end which means they stand upright on the bottom of the pool. They are easy to grab and easy to spot in their bright colours. With the appeal of the colours this keeps the child's enjoyment and will keep them focused.

Develop your child's confidence when using woggles:

Free movement is encouraged using woggles. It is important for you to encourage your child to change body positions front to back while holding their own body weight

Remember not to overdo your time in the pool, 30 – 45 minutes is more than enough; any longer and your child may get cold and tired (remember to make pool time fun time).



MOST IMPORTANTLY, MAKE YOUR TIME IN THE POOL WITH YOUR CHILD LOTS OF FUN.

NEXT LEVEL Don't forget when your child is aged 2-3 years you can come and enjoy our Stage 3 course. During this course we will be looking to improve and develop the skills you have learnt in the Stage 2 course while introducing new techniques and practices.