

ADULT & CHILD

STAGE 3 | 2 - 3 years

THINGS YOU WILL LEARN

During Stage 3 of the Adult & Child programme, we will be developing floating techniques to introduce swimming stroke positions as well as playing water games to reiterate fun in the pool.



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THINGS YOU WILL LEARN

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

How to confidently support your child with woggles and floats:

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 teach your child to move around independently using a woggle or float:

Aiming with your child to learn to push off the side independently, turn around and swim back to the wall. Singing and playing games is also an excellent way to add more excitement to the child's time using their woggles as a speed boat across the pool.

How to confidently blow bubbles under the water:

When you start teaching a child to blow bubbles the best thing to do is turn it into a fun game; pretend they are blowing out candles on a cake in order to get them engaged in the task. This will get them to blow air out the proper way, and can also help them blow bubbles for longer than they would normally.

Ways to comfortably and confidently play with your child under the water:

Counting their fingers under water will encourage your child to keep their eyes open. When they surface, tell them to opt to blink the water away rather than rubbing their eyes.

How to position your child to float in star shapes on their front and back:

The basic back floats (also known as the back "star" float). Lie on your back in the water. While maintaining a flat horizontal position, extend your legs out and make a large "V" with them, then stretch your arms out to the sides, making a "T" with them. Ensure that your arms and legs are staying in the water. Tilt your head backwards, and push your stomach up, as if an invisible string is attached to your navel and is pulling you up towards the sky.

How to have fun in the pool through songs, games and play:

Pool games make the water more fun for kids. That's where water games and activities come in and play a significant role. Interesting and innovative, playing games in the pool is a good way to let children enjoy their time in the pool.

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:

Ensure your child stays familiar with the pool and its surroundings – aim to come to the pool at least once a week:

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

Let your child see you having fun in the pool – it should be an enjoyable experience for both adult and child:

The better you understand what your kids are experiencing, the easier and more effective the process of teaching them to swim will be. Understanding the differences will help you to put yourself in your child's place and respond to their needs. Responding to your child's needs will help to make the learning process fun and effective for both of you.

Exploring in the pool:

Let your child have fun exploring in the pool. If they fall under the water, clap your hands and tell them how clever they are. Don't let them get too far away from you, and once the child finds their confidence they can move very quickly in the pool.

on 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.

Face in the water and collect toys under the water:

During bath times encourage your child to put their face in the water and collect toys under the water.

Your child will let you know when they've had enough – don't overdo it:

It's very important that your child doesn't feel too under pressure as this could discourage them from learning new skills and techniques in the pool. The child themselves will know when they have reached their limit.

Walk around the water features and have lots of play 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 3 - 4 years you can come and enjoy our Stage 4 course. During this course we will be looking to improve and develop the skills you have learnt in the Stage 3 course while introducing new techniques and practices.