

ADULT & CHILD

STAGE 4 | 3 - 4 years

THINGS YOU WILL LEARN

During Stage 4 of the Adult & Child programme, we will be focusing on breathing control and aiming to make limited use of flotation aids to give your child confidence to try new things 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 push and glide on front and back from the side of the pool:

Face in water with arms dropped down and extended in front with a strong push into legs extended. Glide. Work on getting a strong push from the wall, maintaining a streamline position and see how long your child can hold the glide for.

How to give your child confidence when jumping into the pool independently:

The importance of your child having confidence whilst independently entering the pool is paramount. The skills your child has picked up in regards to water safety can help with their attitude when jumping into the pool.

Learn to kick efficiently on front and back using floats:

A more vigorous workout for the legs is given when using a float as the swimmer's weight is propelled solely by the legs, and vice versa for the arms.

Provide confidence underwater while learning breath control:

The novelty of breathing out underwater tends to focus attention to your child's breathing. Since your child normally doesn't pay attention to their breathing in everyday life, it can be strange for them at first.

Aim to float on front and back with no flotation aids:

Focus on the development of personal skills as well as water safety and stroke development skills within the pool. Your child will develop independent flotation in the water without the need for floats.

Confidence to try new things in the pool:

As the child learns new skills, strokes and techniques they will want to explore and learn new things in the pool and as they get more confident over time in the pool they will be eager to try new things.

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:

Keep going with the skills your child is learning:

Swimming on a regular basis will continue to improve your child's confidence in the water and will retain the techniques they acquired during the earlier stages.

Encourage your child to play in the pool:

Allow your child to jump in, swim under the water and play with the toys and other children. This will keep the child engaged with the underwater techniques they have learned.

Floating and swimming practice:

Help your child practice floating and swimming with and without an aid on their front and back.

Have fun splashing and blowing bubbles as you play:

In addition to teaching your child how to blow bubbles in the water, you should also teach him or her how to splash.



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

NEXT LEVEL Don't forget when your child is aged 4-5 years you can come and enjoy our Stage 5 course. During this course we will be looking to improve and develop the skills you have learnt in the Stage 4 course while introducing new techniques and practices.