

ADULT & CHILD

STAGE 5 | 4 - 5 years

THINGS YOU WILL LEARN

The purpose of Stage 5 of the Adult & Child programme is to introduce your child to the Inverness Leisure Learn To Swim Scheme. Your child will attend this class unaccompanied in the water, however, you must supervise in the spectator seating area.



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THINGS YOU WILL LEARN

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

Learn ways to enter and exit the water safely:

Your child will learn how to enter and exit the water in a safe manner in order for them to act responsibly when in the water.

How to regain feet from floating on front and back:

The child will learn how to regain feet from floating on their front and back.

How to confidently fully submerge when doing 'bobs' in the pool:

Submerge and retrieve an object that is suspended at an appropriate depth. Your child will receive an introduction to rhythmic breathing by means of doing 'bobs'.

Jumping in the pool confidently with no support:

From the skills your child will learn over the course, they will progress to a confident approach of entering the pool with no support.

Introduction of deep water activities:

Depending on the confidence of your child we will introduce deep water activities.

Kick for 5 metres:

The child will also learn to kick for 5 metres on both their front and back with or without the use of flotation aids.

WORK ON SKILLS:

Work on the skills that have been taught during the lessons and demonstrate the swimming skills that have been taught throughout the course. It is important that you try and do this at least once a week.

Sit down on the edge of the pool and slip in:

Encourage your child to stretch their legs down to touch the floor.

Water confidence and submerging:

Keep mouth closed underwater and blow bubbles out of mouth and nose (like blowing into a tissue).

Practice swimming on their front:

Remember long legs with floppy feet, a fast kick and try and get their face in the water to achieve a nice long, flat body position. Use the progressive practices below to develop the skill. When your child is confident with one stage of the practices move onto the next stage:

1. Kick legs while sitting on the side;
2. Kick legs while lying on front holding onto the wall;
3. Kick legs while using two floats one in each hand (keep arms bent like wings);
4. Kick legs using two floats one on top of the other (keep arms straight and out in front of body);
5. Kick legs using one float (keep arms straight and out in front of body);
6. Kick legs without the use of any floats (keep arms extended one on top of the other out in front of the body).

Practice swimming on their back:

Remember to have long straight legs, floppy feet and keep their tummy on top of the water. Ask them to push their bottom towards the ceiling and try and get them to keep their ears in the water looking up at the ceiling. Use the progressive practices to develop the skill. When your child is confident with one stage of the practices move onto the next stage:

1. Kick legs while sitting on the side;
2. Kick legs using 2 floats one in each hand (keep arms bent like wings);
3. Kick legs using 2 floats one on top of the other (get your child to hug the float to their chest);
4. Kick legs using one float (get your child to hug the float to their chest);
5. Kick legs using one float (get your child to position the float behind their head like a pillow);
6. Kick legs with no floats keeping arms by their side (support behind their head initially if needed).

HAVE FUN:

Although you are looking to progress swimming, try and incorporate fun into your visits to the swimming pool. You can use the games and ideas below:

Have races in the pool:

- Try and get your child not to touch the floor with their feet;
- Try talking, waving and touching each other's toes while you are under the water;
- Play games picking up objects off the bottom of the pool;
- Get your child to swim underwater in between your legs;
- Play games that involve getting your child to touch the floor with your hands, knees, tummy, nose etc;

Star floats:

Ask your child to lie in the water with their arms and legs open in a star shape with a flat body (develop the practice using two floats and then one). Star float can be done on both your front and back. On their front ask them to put their face in the water supporting them by the hands if needed. On their back ask them to keep their ears in water and push their tummy up, supporting their head if needed.

Rocket Dive:

Ask your child to sit on the side with their arms out in front. Keep their feet against the wall underneath the water and then push with feet with their face going in the water. If extra support is required you can hold hands with your child.

Give praise:

Always remember to praise your child when they are trying to do the skills and support them whenever necessary.

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

NEXT LEVEL Don't forget when your child is in Primary 1, they are of age to enter the Inverness Leisure Learn to Swim Programme. Please register their name on the list by visiting www.invernessleisure.co.uk.