

FAQs

When will my child swim on his/her own?

Before any child can swim alone, they have to reach a certain level of confidence and competence in each developmental skill: • Physical • Intellectual • Social • Emotional
Unaided swimming requires the ability to perform in a coordinated manner, with a high level of complex skills. It requires: • Physical stamina and coordination. • An understanding of what is required. • The motivation to achieve. • Confidence in achieving all of these things without the reassuring presence of a trusted person.

All children will progress at an individual pace and this is why our instructors and parents work together at the child's pace, in order to encourage confidence and independence in the water. This is also why we group our lessons according to stage rather than age.

How long and frequent are the lessons?

Our lessons run for 30 minutes in alignment with the primary school term. Students can attend weekly or more frequently, we offer a discount for students who attend more than once/week.

In addition we also recommend play time in the bath and pool with mum and dad, as this reaffirms the skills they have been learning.

Do I have to get in the water with my child?

During baby lessons we will need a parent in the water with their child. A parent may also need to be in at the pre-school level as well until the child is confident with being in the water with only the instructor. A pre-school child will benefit from a caregiver being in the water to assist them with physical manipulation (kicking/arm paddle)

What should my child wear?

At the baby level an appropriate water nappy, like Huggies Little Swimmers, to keep any bowel motion from entering the pool, which rarely happens. Over the top, wear a woollen body suit with tog tops and bottoms over it. For all other ages wear togs with bottoms that end above the knee, as this helps with their kicking. Long togs create undesirable bendy knees. For pre-school and above, wearing a swim school cap keeps heat in while goggles help with water confidence. Both are highly recommended.

What should I bring?

You will need togs and towels for you and your child, including spares. We also recommend a post lesson drink and snack for your child, as they will work up a thirst and appetite. You will need warm clothing to change into and remember a warm hat on cold days. It is important to get children changed as soon as possible as being wet will cause them to cool down very quickly. When should I arrive? Early! Arriving early relaxes your child and assists their ability to learn. Let reception know you have arrived for your lesson so your child can be marked off the roll.

What can I do before lessons to help?

Getting your child used to the shower is a big help, from the noise it creates, to getting water trickling over their face and ears. Come in prior to first lesson day to start introducing your child to the facility and the environment (noise, water movement, surrounding activities).