



### What does swimming bring to the lives of an infant and their parents?

- Strengthens a natural bond between parent and child
- Builds confidence through achievement
- Builds strength through exercise
- Develops balance and co-ordination needed for crawling and walking
- Contributes to sensory development
- Provides a social environment and helps develop social skills /sharing/turn taking
- Helps build self awareness and self esteem
- Helps develop voluntary movement and voluntary breath holding

### What is infant swimming all about? (Not just a bunch of singing)

Swimming builds brain function and physical skills. Babies and toddlers learn **HOLISTICALLY**, through play, structure, repetition and music.

The difference between swimming for infants and swimming for school age children is that school age kids have already physically and mentally developed most of their functions by the time they are 5 years old.

The brain of a toddler is three times more active than an adult's brain.

Swimming for school-age children is **ABILITY RELATED.**

Swimming for babies and toddlers is **DEVELOPMENTALLY RELATED.**

**Baby classes are different from toddler classes because they are developmentally different.** A baby of six months cannot run or exhibit voluntary motor function the same as a two year old.



### Class availability/ structure

We run classes 7 days, Monday – Sunday. Classes are held between 9am and 12pm. Times are dependent on availability. All classes are 30min in duration and combine skill learning, fun and interaction between child, parent and instructor to ensure a friendly and safe learning environment.

### How to enroll

Enrolments can be made at the Swim School office or over the phone.

Lessons are on a term by term basis, coming once a week for 10 weeks (depending on length of term). A deposit of \$20 or full payment must be made at time of booking to secure your place.

Current students are automatically re-enrolled for the following term's classes

### Swim School Office Hours

#### School Term Office Hours

Monday – Friday	8.30am – 7pm
Saturday and Sunday	8.30am – 1pm
Phone (09) 835 0767	

#### School Holiday Office Hours

Monday – Friday	9am – 5pm
Saturday and Sunday	Closed
Phone (09) 835 0767	



## Baby and Toddler Information



**Give your child a skill for life!**

West Wave Swim School  
20 Alderman Drive, Henderson  
Ph: 8350767- email: [Ltswim@waitakere.govt.nz](mailto:Ltswim@waitakere.govt.nz)

## Our Baby and Toddler Programme

West Wave provides a holistic approach to infant swimming. We want to encourage the physical and emotional development of our children, in a fun and safe environment.

A well structured, stimulating and nurturing baby and toddler programme provides many positive opportunities for your child's social, emotional and physical growth. Teaching babies and toddlers to swim gives them with a great start to a life full of fun aquatic experiences.

### Little Limpets (6 -18months) Precious Papis (18mnths – 3yrs)

Active children are more likely to stay active into adolescence and adulthood; physical activity allows children to learn about their bodies and to develop their motor skills.

## Instructors

Our instructors are trained through Swimming New Zealand and have attended specific training for infants and pre-schoolers. All instructors participate in ongoing training to ensure high standards. Any feedback is always appreciated.



## Arrival Time

Arrive early for your lessons to allow plenty of time to prepare. We encourage a relaxed and positive approach to ensure a more successful lesson.

## First steps

The way you enter the pool with your baby can make all the difference to their response. Keep the movements slow and controlled, especially when lowering your baby into the water. The more calm and confident you are the more secure and relaxed your baby will be.

First time pre-schoolers may have a few reservations about hopping into a pool without mum or dad, encourage them, smile at them, remain relaxed and confident and give them time to adjust.



## Participation

As a parent or caregiver, you play an important part in developing your child's progress in learning to swim and enjoy the water. We encourage as much participation as possible; you are required to be in the water with your baby from 6 months to 3 years.

We are more than happy to have both parents in the water if they wish. We also encourage time spent in the water outside of their lesson time. This may even

be during bath time where you can use cue words learnt from your lesson. Any time spent in the water whether it is fun time or practice time helps to gain confidence in the water.

## After the Lesson

Praise them; give your child lots and lots of encouragement. For your toddler and pre-schooler, let them know how proud you are of their efforts. Ask them questions about what they liked about their lessons.

Using the Leisure pool is free for your child on the day of their lesson, this is included in the cost Swim School fees.

It is also very tiring in the water for the littlies; they may need a big sleep. They will also need a big drink after the lesson.

## Swimwear

The best swim wear for babies & toddlers is any type of togs or pants that have a tight band around the leg; this prevents any occasional mishaps from escaping. All children under 3 are required to wear swim nappies. These can be purchased from the reception area or your local supermarket.

