

Tips for you and your pre-schooler

- Get them to take the next step and challenge themselves.
- Get them to buy into the challenge by asking them - how many can you do? How far can you swim?
- Let them go – Preschoolers need to try things for themselves at all levels

Your Quality Swim School

At West Wave, our aim is to be the best swim school in New Zealand; known for our high quality programme and first class customer service. We are a Quality Swim School in association with Swimming New Zealand and NZSCAT (NZ Swim Teachers and Coaches Association). This ensures staff training and SNZ qualifications are a priority, making sure your children are receiving up to date content and teaching practices.



Class availability/ structure

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

How to enrol

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	



Pre School Information



Give your child a skill for life!

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

Our Pre school programme

West Wave provides a holistic approach to this programme. We want to encourage the physical and emotional development of our children, in a fun and safe environment. Physical activity allows young children to learn about their bodies and develop their motor skills.

Lessons are 30 min in duration taught in our dedicated Learn to Swim pool heated at 32 degrees, and our Hydrotherapy pool heated at 34 degrees.

Preschool Levels

Floppy Flounder (3yrs - 5yrs)

- Safe entries and exits
- Blowing Bubbles
- Submersion under water
- Assisted Float on Front and back

Guppie (3yrs - 5yrs)

- Submersion underwater
- Float on front and back
- Glide 2m streamline on front
- Glide 2m on back

Goldfish (3yrs - 5yrs)

- Kick on front and back 5m
- Rotate from front to back 5m
- Arm strokes 5m
- Backstroke 5m

Snapper (3yrs - 5yrs)

- Freestyle
- Backstroke
- Dolphin kick

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.



First steps

The way your child enters their first lesson can make all the difference to their response. The more calm and confident you are the more secure and relaxed your pre-schooler 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.

We encourage our pre-schoolers to learn to swim independently, floating on their front and back and progressing to kicking and stroking.

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.

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 their lesson. Any time spent in the water whether it is fun time or practice time helps to gain confidence in the water.



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.

After the Lesson

We encourage you to take advantage of the other pools after the lesson to practice the skills learnt during the lesson. It is important for your child to practice these skills outside of class time.