

## **Baby Swimming - “making that first splash with a grin”**

It's often stated that “swimming starts in the womb”.

As a first time parent, the mind can get wrapped up in “the complexities” of how it all works, what happens and how to handle the next few years of being a parent. As parents we often over plan, mapping things out - years in advance because we want to be prepared. It's in these moments, the thought of swimming lessons come up. Parents want to know all the pro's and con's and what the experience is like.

Seadragonz offers a wonderful clean and warm environment which reintroduces babies/children and/or adults back to the water. The centre offers an environment free of other distractions, such as water aerobics or public swimmers. The pool is always operating at a warm 33 degrees temperature and has one of the largest toy and equipment ranges on offer. This allows students to learn through play, which we feel optimises their overall learning experience.

Seadragonz proudly offers a “FREE” Seabeanz program to celebrate the transition from the womb to the water.

Our programme commences when the child reaches eight weeks old and runs until the child turns four months old. The Seabeanz program is an introduction for babies to water, in a loving, nurturing and gentle way, helping them to develop a fondness for water that will last a lifetime. The classes are designed to be a happy and fun learning experience which provide not only security in the water, but builds the foundations of swimming.

Seadragonz prides itself on its child-centric philosophy and child-led pace and direction. The class size is six students (parent/baby) and one teacher. Each lesson is 20 minutes. The instructors are qualified and experienced in teaching very young infants.

One of the many benefits of reintroducing babies back to a relaxing aquatic environment allows for the babies movement of their whole body, which cannot be achieved on land. Thus, this promotes not only physical and intellectual skills, it additionally builds self confidence.

The instructors will gently guide parents to a beautiful, harmonious, warm and loving experience to share with your child.

Each lesson includes songs and toys which are designed to make the lessons fun and engaging. Lessons cover skills on how to hold the baby in the water, the signs of a breath cue, how and when to submerge the baby in water and build safety skills for in and around the water.

Seadragonz teaches parents these skills in such a way that it promotes the bonding between parent and child. Understanding the child's willingness/readiness in all skills, via hand placement, the body position of the child in the water and eye contact.

All children are given a nurturing environment to learn to swim each week which enables them to practise new and old skills, to discover all the wonders of the aquatic environment within a safe manner and where children are encouraged, supported and respected.

At the completion of the Seabeanz program parent and child are able to continue their “learn to swim journey” in alternative Seadragonz programs. These programmes are arranged into specific age groups which correlate with their overall physical development.

Once a child is three years of age they are able to begin in the preschool program called ‘Dragonz’, but there is plenty of time to plan and prepare for that.

### **Preparation for the Class**

Coming prepared for lessons is always a key factor to eliminate any unwanted stress (life already throws us enough, so don’t sweat the small stuff).

- Allowing plenty of time for the drive and getting both yourself and baby dressed once you have arrived.
- Have your bag pre-packed with bathers, ‘huggies’ swim nappy, dry clothes, towels, dummy and milk bottle if required.

Teachers will always guide you and your child in a way that takes into account the child’s individual needs. They will be encouraging and guiding both parent and child to feel safe in the water because at Seadragonz ‘swimming is grinning’.