



---

1 Martin Street, Woodend, Ipswich Q. 4305

**Ph: 07 3812 2923**

Fax: 07 3812 1284

**Email: [peter@swimfactory.com](mailto:peter@swimfactory.com)**

**[www.swimfactory.com](http://www.swimfactory.com)**

## **PARENT INFORMATION**

**WATERBABIES  
STARFISH  
STEPPING STONES  
TADPOLES**

### **WATER CONFIDENCE FOR BABIES**

Teaching a child to swim takes commitment, knowledge, patience, understanding and love. Teaching a child takes time --please allow us this time to enable your child to be a happy water confident swimmer. Our teachers conducting the above classes are excited about the new aspect we will be introducing in the baby, toddler section. We have outlined a short summary of what we at the Swim Factory will be teaching you as a parent to assist in your children's progress.

**NOTE: THE AGES SUGGESTED ARE A GUIDELINE ONLY** i.e: A two year old child goes into a Stepping Stone class if the swim teacher has assessed the child to their ability.

### **WATERBABIES (B1)            5 months – 15 months**

A young baby who still has little voluntary movement on land can start to experience a wide range of movement – with lots of stimulation sensations, all of which reinforce the learning process. The colour, movement and smiling faces are very strong stimulators to develop baby's visual processing centres and the rhythm, laughter, splashing and variations in voice tone will stimulate the auditory centre in baby's brain. From birth, children are carefully watching adult faces to imitate and the more often they're exposed to happy, smiling, positive social interaction, the more positively they will develop in their own social interpersonal. (Julie Zancanaro, Bapp.S.C.O.T.). A number of repetitive drills are performed within the lesson to allow the children to take in the task given at their own rate. The swim teacher will show a progression of these skills step by step to the parent. Remember children have receptive periods and responsive periods. Allow them to enjoy themselves and progress at their OWN rate. Initial self-propulsion is slow because physical growth and mental strength really determine how a baby moves through water.

Swimming hints for parents for WATERBABIES AND STARFISH: -

1. Parents/carer accompanying the baby must wear a T-shirt.
2. Please do not feed your little baby prior to the lesson (at least one hour prior).
3. Any concerns you may have, speak to the teacher prior to the lesson or if you need to speak in any length then a phone call to you may be arranged with the appropriate person.

### **STARFISH (B2)            16 months – 2 ½ years**

The lesson is incorporating positive reinforcement with aspects of further independence of each swimmer – circuits will be introduced in these lessons enabling stimulation, movement and laughter within the aquatic water lesson. Repetition is the key element to the lesson in learning tasks given. Remember how long it takes to teach a baby to wave, or how long it takes to toilet train a young child. Showing the same patience with children's swimming allows them to enjoy themselves and progress at their own rate. Parents should always keep in mind that we must take each step slowly first and proceed onto the progression skill when the swimmer is good and ready for it. The swimming teacher will guide in these areas.

### **STEPPING STONES (STEP)            Approx. 2 ½ years**

These swimmers are children who have, for certain reasons, to be without parent in the water and will be taken in a class of four students with the swim instructor. Again this lesson encourages the practice of stimulation, laughter and positive social interaction. This class develops the swimmer through further independence and enjoyment in the aquatic environment. Repetition of skills is the one aspect of the program that will assist your child in water awareness. From this step the swimmer will develop to the next stage of Tadpoles. The swim teacher will assess your child over a period of time to ascertain if they are ready for this area. Some children may be very good in their lesson but must be ready to take on the new skills in the tadpoles, which is very different in cases of independence and being able to follow instruction given by the teacher. Do not be too hasty.

### **TADPOLES (TADS)            3 years – 3 ½ years**

These children are quite competent in certain drills and the swim factory instructors have assessed them to be at this level. They will learn progressions of independence in the water and enjoyment within the program. The children learn further skills using the kickboard etc for progressive drills to get them acquainted with the Level 2 area. The swimmers now have to understand certain drills and also their attention within the class needs to be addressed so that we prepare them for the next stage.