

## "PRESCHOOL" SWIMMING TIPS FOR PARENTS/CAREGIVERS

At Swimming Facilities our Pre School swimming lessons offer opportunities for children to explore and develop emotionally, physically and socially.  
For those who have come through the "Baby and Me" lessons they are now a step closer to becoming independent. Pre Schoolers who are new to swimming are given the chance to explore, become mobile and familiar with water as a medium, from there the rest will follow  
Progressive lessons along with interaction with peers of similar age, problem solving, trust and a safe environment allow your preschooler the opportunity to achieve something new.....

*Here are some tips to help your child transition to lessons happily and confidently....*

- **Arrive approximately 10 Minutes Before Your Class.....**

Our preschoolers need time to process their new environment and prepare themselves emotionally for their swim !

Initially children may show resistance to the lessons – they may need longer to "suss" out the environment and become ready for their lessons. Leave them time to do this. They will decide in good time, and they will love lessons even more if they have been allowed to decide themselves when they are ready.

A late entry to the lessons also disturbs the flow of a lesson once it has started. So please be early.

- **Starting With The Basics.....**

We start the lessons with "Foundation Skills" which are the basic building blocks of swimming. These skills are repeated each and every lesson as repetition is the key to retaining these skills. Missing these "building blocks" can impact on the "processing" of the task. Just like building a wall, solid foundations must be made to build on.

- **Toileting Your Child.....**

Please ensure you toilet your child before lessons. Going to the toilet during the lesson may disrupt the class and their learning.

- **Caps and Goggles....**

To ensure you receive your full 25 minute lesson and to avoid disruption please ensure your children have their caps and goggles on before they enter the pool. REMEMBER caps are compulsory for all children (over 3 years) and a quality pair of goggles is a vital tool of trade too.

- **Food and Drink.....**

Please do not feed your children immediately before the class. Allow 30 minutes prior to exercise for food to digest. Children who are learning to hold their breath or submerge may swallow air which can "repeat" newly digested food....! On the flip side of this...children will be hungry after lessons, so ensure they have something to eat and drink fairly soon after lessons. Swimming can be very hard work !

- **Reinforcement.....**

Please encourage your children by reinforcing great behaviour and listening skills ! A smile or positive comment from a parent is the most powerful reinforcement you can offer !

- **Preschool Levels.....**

The levels are comprehensive progressions towards each swimming stroke. They are not necessarily designed to be achieved in one term. A high standard must be met before they can move onto the next level. It may be perceived that your child is "stuck" in a certain level, but it would be detrimental towards their overall swimming to move them up before they are ready.

- **Learning New Skills.....**

Your child can only do one thing at a time, until it becomes automatic. For example, when learning freestyle, it's normal that they won't do a lovely kick until their arms become automatic. Then everything falls into place.

- **Progressing to School Age Lessons.....**

We take into consideration your child's strength and stamina when recommending their school age level. You may feel the level is "too easy" for them, however, this is not the case. We need to build up their endurance, and at the same time, they may have certain progressions reinforced. There is no point putting them in a class swimming lengths until they can cope. Otherwise, you will find they will be struggling and be half way up the length while everyone else is finished !

