

Infant Beginner Swimmers Drowning Prevention Program

HELPFUL ADVICE FOR PARENTS

- Treat each lesson with **URGENCY!** These are life saving skills your child needs to master **QUICKLY.**
- Be **BOLD** with Activities! If you stay in the 'Comfort Zone', your child will never progress.
- Let your child **GO THE DISTANCE!** Don't 'pick up' your child out of the water too quickly in activities. Let them go and see the results.
- Don't be afraid to **LET GO!** Children will not learn with parents always holding them. Hold your child as lightly as possible. They need to develop their own **BUOYANCY** and **BALANCE** in the water.
- You must have **GOALS** for your child's water safety program. **WHAT IS YOUR GOAL** with **YOUR CHILD'S CLASSES?** Please speak to your teacher about realistic goals and how to best achieve them.
- **ASK - HOW? WHY? WHAT? HOW** we do the activity correctly? What is the reason **WHY** we do each activity and know **WHAT** are you working towards? If you are not sure - **PLEASE ASK!**
- A parent's '**HOLD**' in activities, can either make an activity **EFFECTIVE** or **TOTALLY INEFFECTIVE!** Make sure **YOU** and your child are positioned correctly in each activity.
- Your child will **REACT** to **YOUR REACTIONS!** Be confident and happy. Sing loudly! Look forward to coming to classes. If you are tentative and holding back in class, your child will be too.
- **PRACTICE** activities over and over again! **REPETITION** and **RE-ENFORCING** is the only way babies and young children learn. Be **REGULAR** with classes and **DO YOUR HOMEWORK** (see our Homework Hints For Beginner Swimmers Fact Sheet) .

Continued...



World class swimming programs

Fact Sheets



- Swallowing water, resisting activities and off periods on occasion are **NORMAL!** Remember your goals and persist. If you have concerns, don't just pull out. Speak to your teacher and administration and we will help you find solutions.
- **DON'T STOP LESSONS IN COLDER MONTHS!** Babies and young children's muscle memories are not that long! You will waste money on summer lessons as they **WILL FORGET.** Re-enforcing activities and constant, regular lessons is **KEY** for this age bracket.
- Visit a pool outside of lesson times, to practice lesson activities. The more exposure to a supervised pool environment, the faster your child will learn. It is also good to practice in a number of different aquatic environments, to avoid dependency to one pool.
- We recommend a consistent 2 lessons each week for the best progression for your drowning prevention program; then your child will develop these life saving skills at 4 times the rate of infants only attending 1 lesson each week. Remember: one 1/2 hour lesson each week only equates to 2 hours swimming each month. This is only 12 hours swimming in six months! As infants do not have a developed muscle memory, **CONSISTENCY** and **REPETITION** are the key to developing these life saving skills.

If you have further questions, please do not hesitate to talk to one of our friendly team!

Learn the swim the **RIGHT** way!



www.superfishswimschools.com.au

SWIM SCHOOL
ASHMORE COMING 2011

SWIM SCHOOL • JETTS FITNESS • CAFE
1 Greenway Bvd PACIFIC PINES
Ph: 5529 4343

SWIM SCHOOL • CAFE
SUNNYBANK PLAZA
Cnr Mains Rd and McCullough St Ph: 3323 3188

Andrew Baildon's

SUPERFISH
LEISURE

© 2010 Baildon Aquatics Pty Ltd
PO Box 196 Ashmore City QLD 4214