



BABY SWIMMING INFO

Main goals of baby swimming lessons

fun playtime for the family

a healthy activity, gateway to an active lifestyle

promotes social interaction between families

acquaints the child with water

satisfies the child's exercise needs

promotes swimming ability and water safety

supports rehabilitation and the parents of children with disabilities

Getting ready for baby swimming

Lower bath water temperature to +32° C

Use a lot of water when bathing the baby

Wash baby's face using plenty of water

Spend the same amount of time on bathing as on swimming lessons

Let the baby get used to the swimming pool environment

WHEN GOING TO THE POOL

- ***Satisfy your baby's basic need (sleep, food)***
- ***Bring along a towel/bathrobe***
- ***and a swimsuit (with a name tag sewn on)***

GENERAL INSTRUCTIONS

- ***Buy a monthly pass (30 euros)***
- ***Sign up and fill in a data sheet***
- ***Get changed in group changing room***
- ***Wash carefully with soap/don't wash the baby***
- ***Use the "baby sauna"***
- ***Come to the pool on time, keep to the assigned swimming time***
- ***Abide by all pool rules***

**THE QUALITY OF
THE BABY POOL WATER
DEPENDS ON PARENTS'
HYGIENE LEVEL
WHEN GETTING INTO
THE POOL**

Personal hygiene

- . Wash**
- . Wet or cover your hair**
- . No chemicals**
- . No jewellery**
- . No make-up**
- . Wear proper swim attire - no shorts**

General state of health - swim only when healthy!

Risks and dangers and how to prevent them

- 1. Skin problems**
- 2. Infections**
- 3. Parents' ambition**
- 4. "Poop accidents"**
- 5. Drinking the water**
- 6. Overreaction**

HOLDING THE BABY IN THE WATER

BABY ON BACK

Support with one hand (baby's ears in the water)

Hold the back of the head (not the neck) Maintain eye contact

Use both hands to support the baby

HOLDING THE BABY IN THE WATER

BABY ON TUMMY

Give the baby freedom to move

At first, place hand under the chin to support it

Use both hands to support the baby

One-hand grip

Keep moving all the time

HOLDING THE BABY IN THE WATER

BABY IN UPRIGHT POSITION

Hold the baby by the armpits

Don't lift the baby up from the water (will get cold)

Support the pelvis

Support the soles of the feet

Bounce the baby up and down

FIRST SWIMMING LESSON

Take your time, let the baby get used to the place

Starting age 3- 5 months / at least 5 kg

Wrap the baby in a large bath towel

Don't take a crying baby into the pool

Proceed on the baby's terms

A gentle grip, don't squeeze the baby

Maintain eye contact

Check fists - do they open?

Speak calmly and stroke the baby's limbs and body

Relax!

The first swimming session lasts 5-15 min

SWIMMING LESSONS – CONTENT:

- 1 Holding the baby in the water
- 2 Floating on back
- 3 Preliminary diving exercises
- 4 Submerging the baby under water
- 5 Balance exercises
- 6 Blowing exercises
- 7 Diving
 - assisted
 - independently
- 8 Water safety



***Thank you
for your interest***

***A fun activity
awaits you!***