Baby swimming -info

City of Oulu, Sports Services

Updated 2020
Main goals of baby swimming lessons

The main goals are to:
- offer fun playtime for your family
- provide healthy activities and a gateway to an active lifestyle
- promote social interaction between families
- acquaint your child with water
- satisfy your child’s needs to exercise
- promote swimming ability and water safety
- support rehabilitation and the parents of children with disabilities
General instructions

- satisfy your child's basic needs (food, sleeping)
- pay the adult's swimming fee
- wash carefully with soap / don't wash the baby
- Come to the pool on time, do not exceed the swimming time
- Abide by all pool rules
- roll call / fill in a data sheet at the pool before going in
- Use the "baby sauna" (sauna number 3) after the swim
- see baby swimming news from our webpage www.ouka.fi/oulu/liikunta-ja-ulkoilu/vauvauinnit

Please, note that there might be other events in Raksila
At the changing room

- The group changing room 1 are for baby swimmers families
  - there is, for example, a babysitter and, in women's changing room, a microwave oven
  - However, do not leave your clothes at the group changing rooms - put them in a locker (locked with a card)
- The door between men's and women's group changing rooms is not locked. Through it, you can pass your child to the other parent in case you wish to have a wash without the baby
  - Men are not allowed to go in to the women's changing room
When going to the pool:

- bring a towel / bathrobe
- bring a swimsuit (that has a name tag on it)
- diaper is not needed (swimsuit is enough)
- remember to keep the baby swimming gear in the baby swimming pool

Quality of the pool water depends on parents' hygiene - wash yourself before going to the pool!
Remember personal hygiene

Before going to the pool, remember:
- to wash yourself
- to wet or cover your hair
- no chemical products
- no jewellery
- no make-up
- to wear proper swim attire: no shorts.

Quality of the pool water depends on parents’ hygiene - wash yourself before going to the pool!
Content of the lessons:

1. Holding
2. Floating face up
3. Preliminary diving exercises
4. Submerging the baby underwater
5. Balancing exercises
6. Blowing exercises
7. Diving
   - with assistance
   - independently
8. Water safety
First swimming lesson

- Take your time and get used to the place
- Baby's age 3–6 kk / minimum weight 5 kg
- Wrap a large bath towel around your baby
- Don't bring a crying baby into the pool
- Proceed on your baby's terms
- Hold gently, maintain eye contact and do not squeeze
- See if baby opens fists
- Speak calmly and stroke baby's limbs and body gently
- Relax!
Holding baby in pool in upright position

- Hold your baby by armpits
- Don’t lift your baby up from the water (get's cold)
- Support the pelvis
- Support from the soles of the feet
- Move baby up and down in the water
Holding baby in pool in tummy down position

- Give your baby freedom to move
- At first, place hand under baby’s chin to support it
- Support by holding with both hands
- One-hand grip
- Keep moving all the time
Holding baby in pool
baby on back

- Support using one hand (baby’s ears in the water)
- Support from the back of baby’s head (not from the neck)
- Maintain eye contact
- Use both hands to support your baby
Pay attention to your state of health

— swim only when healthy

Risks and dangers and how to prevent them:

- skin conditions and problems
- infections
- parents’ ambitiousness
- "poop accidents"
- drinking the water
- overreactions
Contact info and info channels:

Our email address is vauvuinti(at)ouka.fi

Webpage (in Finnish) is www.ouka.fi/oulu/liikunta-ja-ulkoilu/vauvauinnit

- There is a notice board at the Monitoimiallas pool

- Please, when you are signing up to baby swimming lessons, put your phone number in the contact information so we can inform you directly about possible sudden changes
Thank you for your interest! Fun activities await.