

Stockport Metro Swim Tots Information

Baby splash 0-4

Baby Splash sessions are for babies & children up to 4 years of age. They are designed for parents/guardians to spend time in the water to increase children's water confidence in a structured fun/play session. Please consult your health visitor about the right time to start.

- Games
- Songs
- Show safe entry with assistance – turn, turn, turn and put hands on the wall
- How to support your child's movement in the pool
- Splash near child's face and play with water together
- Blow bubbles
- Wash/wet face
- Bounce up and down with child submerging shoulders completely
- Support child (front) whilst moving in different directions
- Underwater confidence, starting with washing faces and blowing bubbles.
- Progressing to floating and performing push and glides between the parent and teacher.
- Float supported (front) for 2-3 seconds

Baby splash certificate and badge

- Show safe entry with assistance, turn, turn, turn and put hands on the wall
- and exit with assistance
- Support child movement around pool
- Splash near child's face and play with water together
- Bounce up and down with child submerging shoulders completely

Once children are happy and confident in the water the swimming teacher will advise you to move to the swim tots session which links directly with the junior swimming lessons. However you are welcome to still attend the baby splash sessions at a 20% discount.

Sessions are payable at reception weekly, you can book 1 week in advance if you wish by calling the pool of your choice.

Swim Tots Structured Lessons

Swim Tots lessons are designed for parents and children to be in the water together to gain experience of relaxation, body position and underwater confidence. Stockport Metro lessons use a hands on method and parents will be taught how to be the support for the children.

In the early stages the lessons focus on relaxation and floatation, body position, underwater confidence and rotation.

Once the teacher is happy that the child is comfortable both in the water and within a teaching situation and can swim 5m they will move through to a Badge 1 class.

Swim Tots Badges & Certificates

Swim tots badge 1

- Show safe entry with assistance, turn, turn, turn and put hands on the wall
- Exit with assistance
- Support child front and back whilst moving in different directions
- Blow bubbles
- Wash/wet face
- Float supported (front or back) for 2-3 seconds

Swim tots badge 2

- From the side, lean and 'fall in', surface independently and return to the side with parents help
- Submerge and blow bubbles
- Independent movement to and from parent, submerge, push and glide
- Move through water supporting child on front and back with leg action
- Push & glide from wall front and back with assistance
- Follow parents instructions

Swim tots badge 3

- Finger led jump in turn, turn, turn and hold the wall
- Relaxed float and regain vertical position front or back
- Tow through water on back – good body position
- Independent movement to and from parent – push and glide submerged (front) from parent to teacher 3m

Swim tots Badge 4

- Supervised jump in
- Fully submerge and shout on re surfacing
- Move through water on front and back with leg action 3-5m supported
- Push & glide back and front with support
- Pick up a submerged object

Swim tots Badge 5

- Jump in (safe depth)
- Rotation float from front to back and vice versa
- Push, glide and kick streamlined on front 3m
- Push glide and kick 3m back
- Swim on back or front 5 metres – no support