

## **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 Little Splashers session which links directly with the junior swimming lessons.

## **Toddler Splash 1-2years**

### **Badge 1**

- Arrive with a smile
- Show safe entry with assistance, turn, turn, turn and put hands on the wall
- Support child movement around the pool
- Splash hands in the water
- Exit with assistance

### **Badge 2**

- Support child movement around pool in a horizontal position
- Bounce up and down with child submerging shoulders completely
- Float supported (front or back) for 2-3 seconds
- Put ears in the water
- Splash near child's face and play with water together

### **Badge 3**

- Join in songs with parent support
- Wash or splash face and put chin in the water
- Float on front or back and return to an upright position, with support
- Support child (front or back) whilst moving in different directions
- Chase and collect toys on the water surface

### **Badge 4**

- Games with support from parents
- Chase and collect toys from on top of and under the water
- Interact with the teacher
- Underwater confidence, starting with washing faces and blowing bubbles
- From the side lean and fall in and return to the side with parents help

### **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.

### **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 (max 3 secs submerged)
- Submerge and blow bubbles 2 secs
- Independent movement to and from parent, submerge, push and glide. (max 3 secs submerged)
- 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 (max 3 secs submerged)
- 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. (max 3 secs submerged)

**Swim tots Badge 4**

- Supervised jump in (safe depth)
- Fully submerge and shout on re surfacing – (Hide and Boo game)
- 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 (from a platform or step if your pool is too deep)

**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