

## 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 1, 2&3 (in general aged 1 – 2 ½ years)

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

### Swim tots 4 & 5 (in general 2 ½ - 4 years)

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 5m class. Swimming lessons are £6.15 per lesson or £5.25 with a leisure key and are payable as a course of lessons. Children receive a membership card which entitles them to free entry to public sessions during term time at the pool they are booked on at.

## 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 (without aids)**

- 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