

Enjoyment & Play

- Using songs, games and toys to make lessons fun
- Creating positive early experiences in water

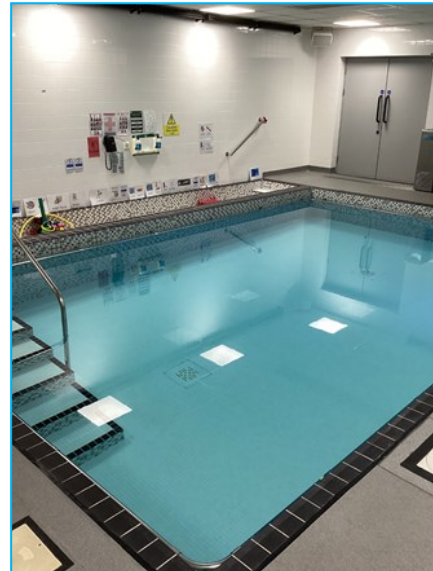


Overall, through our swimming lessons, we aim to create safe, happy and confident water experiences that form a strong foundation for later swimming skills

Our main aims for our swimming lessons:

Water Safety:

- Introduce basic water safety awareness
- Learning safe entry and exit from the pool
- Understanding simple rules (waiting, holding on, walking on pool side etc)



Water Confidence:

- Helping children feel comfortable and relaxed in the water
- Building trust with familiar staff in the water
- Reducing fear through gentle, playful exposure

Benefits:

- Helps develop coordination
- Multi-sensory experience
- Social interaction
- Supports communication
- Supports physical development
- Builds swimming skills
- Develops muscle strength
- Teaches how to take risks

Water Familiarisation:

- Experiencing water on the face, head and body
- Blowing bubbles and getting used to splashing
- Floating with support

Basic movement skills

- Kicking legs and moving arms in the water (propulsion)
- Developing balance and body awareness
- Practicing supported floating and gliding

