WHERE SAN FRANCISCO LEARNS TO SWIM

WATER BABIES SWIM CLASS INFORMATION

Water Babies is a class that both parents and children enjoy in the water together. This age group learns best with the comfort of a parent or a loved one. Many times grandparents, aunts, uncles and other family members or caregivers enjoy this activity with the young child. We recommend participation with a parent or primary caregiver. This is a class of no more than five children between the ages of six months to three years with the caregiver in the water.

The primary focus of Water Babies is for each of our participants to become comfortable in the water. Students learn independent swimming without floaties and without the need for assistance by the instructor or parent. Floaties create a false sense of security and this is harmful when water safety is concerned. The role of our instructors is to teach you how to teach your child to be comfortable in the water. We encourage all of our youngest swimmers to explore the water with their caregiver’s assistance.

The Goals of the Water Babies Program:
1. Comfort underwater
2. Comfort on their back
3. Swim unassisted three to five feet with their face underwater

There are many things you can do with a young child to help them progress outside of the Water Babies class. We recommend that you use bath time as a secure place to begin to get your child comfortable with the water. Try letting the water occasionally flow over the baby’s head and face using a washcloth, a pour-type toy, or a small cup. Ask your instructor for toy tips. He or she can show you a lot of good examples that you can purchase to use at home. Have fun watching your child splash and explore in the water. Showers are also a good way to practice at home by allowing water to flow over the baby’s head and face. Again, allow your child to learn to love the water by being exposed to it and becoming comfortable playing in it with you!

Children progress in swimming at their own rate and develop their own style. Many times, it is not according to any timetable. Pressure to perform can often be the biggest roadblock to progress. While our program challenges each swimmer, we try to remove the pressure and make it fun. What we do not want to see is regression! Year-round consistency also plays a role in preventing regression.

The requirements to move to the Water Wigglers class are: Swimming unassisted face down for three to five feet; comfort in the back floating position with minimal assistance; social skills necessary to work away from the parent; and the Deck Coordinator’s approval.

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