



TADPOLES SWIM SCHOOL

PARENT & CHILD CLASSES

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WELCOME to Tadpoles Swim School!

This leaflet is a guide specifically designed to inform you about our Parent and Child Classes. We understand just how precious little lives are and we wish to work in unison with you to achieve your child's familiarity with the water and safety.

TADPOLES TEACHERS

ALL of Tadpoles Teachers hold Austswim qualifications and Royal Life Saving Society Examiner Qualifications. All of our Teachers attend regular in house training sessions; conferences and further courses to keep qualifications up to date and to obtain new ideas. All Teachers hold the Austswim Infant Aquatics qualification specialising in teaching children under the age of four years.

TADPOLES PROGRAM

At Tadpoles we introduce and teach your child to develop their air control. It is vital for survival in the water and learning to swim. Young Infants possess an airway protective reflex, which is triggered by receptors around the face and in the larynx (voice box) that prevents fluid entering the lungs. This reflex weakens as your child grows older therefore we prepare for breath holding in our program using cues such as simple songs and commands. This encourages the protective reflex with continuous practice. At Tadpoles, submersions are introduced when the Infant displays readiness and has sufficient breath control (ie can hold their breath for a short period – 1 to 4 seconds). We encourage parents to use the same cues & songs at home

in the bath or shower, or your backyard pool. This reinforces what we teach at Tadpoles.

OTHER BENEFITS OF SWIMMING FOR BABIES

Babies brains grow more rapidly in their first year of life than at any other time. Any movement they make stimulates this growth – thickening up the nerve fibre bundles that connect one side of the brain to the other and making it function more efficiently. Some of the most beneficial movement is that which also stimulates their balance (again, this is important for developing the brain) this is why nature instinctively has you rocking, bouncing and swinging your baby. In baby swimming we do countless exercises that involve bouncing your baby across the pool, swishing them from side to side, twirling them around. Babies also benefit from gentle kicking and reaching movements, skin to skin contact and the mental stimulation of learning to respond to voice commands.

TADPOLES CLASSES

Our classes have a maximum of 5 parent/child pairs in a class. We may ask you to change lesson times on occasion as your child progresses. *This is done for your child's benefit.* Children progress from parent and child classes to a *Transition Class* at approximately 2 years of age. These Transition Classes reduce to 4 parent/child pairs per class, progressing from our Baby Octopus program. Parents remain in the water until the child reaches 3 years of age (approximately). Having parents still share the lessons with their child, minimises separation anxiety felt by the child and produces more positive results in their swimming progress.

PLEASE TURN OVER....

YEAR ROUND SWIMMING

Sometimes parents choose other out of water activities for their children during the colder months of the year, without taking into consideration the effects of this choice. Whilst children will remember their swimming skills from previous lessons once they're back in classes for a few weeks, they more often than not, return to a class of the same, or lower, skill level due to no exposure to the water. Tadpoles pool is heated to 33 degrees all year. This provides infants with a consistent warm & comfortable environment in which to learn. It is only natural that students who swim all year round not only move ahead in swimming & safety skills much faster, they fine tune motor skills and remain knowledgeable in all aspects of the aquatic environment. Continuous lessons can only increase your child's progress, ability & safety AND lessens the long term number of years you spend at swimming lessons!

HEALTH CONCERNS

At Tadpoles we don't begin babies in classes until they reach nine months of age. Some of the health reasons for this, which have been explored extensively, are quoted below from the Director of Council for National Cooperation in Aquatics:

1. Infants under 9 months have undeveloped immune systems leaving them prone to illnesses, diseases and viruses that could be spread in water.
2. Infants under developed Eustachian tubes may make them highly susceptible to ear infections.
3. Water Intoxication (Hyponatremia) may occur if an infant ingests a large volume of water during a short period of time. Ingesting a large volume of water causes the dilution of the blood and loss of ions through increased urine output. A change of blood composition will affect brain function and this may cause lethargy, vomiting, increased urine output,

unconsciousness and convulsions. Cases of water intoxication are very rare. Once the child can demonstrate breath control and clear their mouth of water they can be encouraged to make more frequent submersions.

Our teachers will closely monitor and observe your child at all times in their class.

EQUIPMENT

At Tadpoles *every person* (including our teachers) requires a swimming cap. We also ask that you and your child have a quick shower prior to entering the water. This is solely for hygiene purposes and provides a cleaner pool environment for your child to learn in. Infants that are not toilet trained are required to wear a snug fitting "Aqua Nappy" – we do not allow the disposable type of nappy at Tadpoles. Aqua Nappies are washable and can be purchased at Tadpoles if required.

Parents are required to wear a "loose" T-Shirt over their swimwear. This enables your child to "hold" on to you, encouraging them to reach and hang on, and feel their buoyancy in the water.

IF YOUR CHILD IS SICK

Make up lessons are available for Parent and Child classes only, providing you have advised our office of your child's non attendance prior to your regular lesson AND your fees are paid in full. Your phone call is appreciated & we can then be aware of your circumstances are able to offer your class slot to another child on our make up list. *All make up lessons need to be taken within 2 terms of your missed lesson and must be organised with the office*

