



# Swimkidz, the fun starts here.

Welcome to the watery world of creativity and imagination that Swimkidz brings to each and every lesson you and your child has with us.

We don't just specialise in teaching babies, our instructors are trained to teach from birth to pre-competitive swimming so from the outset the right foundations are laid. This also means that once your child has 'outgrown' baby swimming they can progress to the next level with us so you can rest assured you are in great hands!



## Swimkidz.

Swimkidz was founded in February 2009 by Trish Hare who recognised that there were lots of baby swim schools but very few who could offer quality classes past the age of 3yrs with knowledgeable instructors to take them to the next level of swimming. Swimkidz is going from strength to strength driven by our passion and love of teaching little ones to swim.

## ***What makes you different from other swimming classes?"***

Swimkidz lessons are structured, progressive and lots of fun.

Baby lessons are generally split into four ten week terms with each course building on the next. You will be amazed at what your little one can do, and it will be no time at all until they are confidently coming into the water, turning around and holding onto the rail / wall and climbing out! As your baby progresses through the course they will be swimming short distances underwater to get sinkers and diving in.

Once they have completed the baby courses we have the toddler programme. Your little one will learn some amazing skills in readiness for surface swimming. Here we will be delivering some challenging skills that will engage every toddler's imagination and prepare them for the next level.

So the time has come when you no longer have to get wet.... When your child reaches 3-3.5yrs they can join our academy in small class sizes. It isn't compulsory as each child's needs are different so we will discuss this with you first.

Our Classes follow the national and international plans for teaching swimming but delivered in a fun and creative way, therefore getting the best from your child.

*"I signed up my baby girl Olivia(5 months) after registering at the baby show.*

*She started last Monday and is really enjoying it, and i would also like to mention that Sam is a brilliant tutor."*

*Thank you Latoya*

*" After researching various different baby swimming classes I settled on Swimkidz. I have to say that it is the best decision I could have made. My children are doing amazing and having such fun in the water whilst learning something new each week. The teachers are professional and friendly. I would recommend to anyone looking for classes"*

## ***Our instructors***

We are very particular when recruiting for instructors as only the best will do! Trained to the highest standard possible with STA full teachers qualifications and STA Baby and pre-schooler qualification topped up by our own in-house programme. This is regularly reviewed with CPD's, (continual professional development workshops).

The training Swimkidz instructors undertake is a lengthy process but it ensures you and your baby are in the best hands!



## ***When can my baby start swimming with Swimkidz?***

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You can start swimming with your baby as soon as you feel ready, ideally before 12 months.

All of our pools are heated to 30 degrees or above and we are extremely lucky to have some hydrotherapy pools for the tiny babies.

Babies under 12 weeks or 12lbs in weight need to swim in the warmer hydrotherapy pools but we will make sure we guide you through all these options should you choose to book with us.

If you decide to take your baby swimming on your own check that the pool is child friendly as this will make the whole experience much more enjoyable for you both. Some mainstream pools are colder than the pools we use so be aware that your baby may need to wear a little wetsuit to keep them warm, we are more than happy to guide you through the best ones to suit your little ones needs.

We recommend that your first session on your own lasts no more than about 20 minutes.

Sit on the poolside for a few minutes before entering the water to allow your baby to take in all the new sounds and sensations. Gently enter the water and hold baby close to you with their shoulders submerged in the water. Start slowly moving baby from side to side to get them used to the sensation of water around their bodies. Regular eye contact and gentle talking or singing to your baby will reassure them if they are a little unsure. Just relax and have fun!

Do NOT submerge baby unless in a class where we will teach you all the right ways of doing so.

You will know if baby is starting to get cold as their lips and fingernails will start to go blue, (shivering is not the first sign of coldness in a baby). This is time to get them out and wrapped up warm.

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A unique bonding experience

## Frequently asked questions:

- **Does my baby need their injections before they go swimming?**

A. Your baby can start swimming at any time before or after immunisations. The current UK government guidelines suggest that babies do not require any immunisations before they can start swimming. If you are in any doubt we always recommend you speak to your GP or health visitor for advice.

[www.immunisation.org.uk](http://www.immunisation.org.uk)  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- **What are the benefits of baby and toddler swimming?**

A. \* The Swimkidz programme is specially designed with you and your baby's health and well being in mind. The sessions are fun filled and energetic providing a mini workout for both of you whilst providing an invaluable lifesaving skill and magical bonding experience.

\* Swimkidz classes are a very sociable activity and many have found that they meet some lifelong friends through the lessons.

\* Regular exercise helps to strengthen your baby's heart, lungs and respiratory system and also helps with the brains connections to learning in the first year of babies life when brain growth is most rapid.

\* Swimming will help to improve your babies sleeping and eating patterns too so maybe more sleep for you!
- **What does my baby wear in the pool?**

A. All babies need to wear the double nappy system. This means a paper swimming nappy such as a Huggies Little Swimmers and a Splashabout Happy Nappy over the top. These two nappies work by preventing any leaks into the pool! We can supply these for you.
- **How long does each Swimkidz session last?**

A. Each session lasts 30 minutes. This is long enough for a baby swimming session as they will learn so many things in this time and we do not want to tire them out too much. It's a little baby 30 minute workout!
- **Should I worry about submerging my baby?**

A. The simple answer is NO. Our teachers are highly trained and very sensitive to each babies' needs and abilities and will never submerge a baby against their will. Babies have a natural 'gag reflex' which prevents water from entering the lungs when submerged. We use simple word association that hones in on this natural reflex and eventually gives your baby the free will to choose if they want to go under water.
- **How much does the course cost?**

A. The course costs can vary depending on location so please ask your local office for up to date prices.
- **Do you provide an underwater photography service?**

A. YES! We are lucky to have a fantastic in house photographer who has captured many amazing photos of babies. At the end of the first term of swimming most babies are ready to take part in this unique experience. The cost of the photo session is separate to swimming lessons and can be done at any point as long as baby is ready.



Need more information?  
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