

Welcome Information

Babies have a natural affinity for the water. The ideal time to introduce them to Baby Swim classes is when they are young. Now is the perfect time start helping your child be relaxed and comfortable in the water.



Formal swim lessons start at 6 months of age. Between 4 & 6 months, children can start being introduced to a pool environment in a less formal session. This is what Baby Swim is all about!

These sessions are a great opportunity for you:

- To introduce your child to water before they've developed any fears;
- To learn how to hold and support your child in the water;
- To learn how to introduce your child to basic water skills;
- To let your child move/exercise in the water;
- To enjoy an activity with your child;
- To meet with other parents of babies of similar ages.

Did you know that swimming improves... Co-ordination & Balance; Sleeping & Eating patterns; Muscle development; Heart & Lung strength and the bond between carer and child.

What happens in the sessions?

During Baby Swim sessions the pool is set up with an array of toys and teaching aids. There is a teacher in the water to lead the session and to guide you through the various activities. Your child will need a dedicated Adult (Parent or Carer) in the pool with them to hold and support them during the class. All children will need to wearing a Swim Nappy. Sessions go for 30 minutes, however children this age can start to tire after 20 minutes or so. You are welcome to come and go any time during your booked session.

So, what's the catch?

There's no catch or fine print. Whilst we hope that you will continue with classes after your child's 6 month birthday, the choice is yours. The aim of this FREE offer is to introduce families with infants to the pool in a welcoming and friendly environment. Every child needs to learn to swim, so we hope to be a part of your family's ongoing water education.

At Swim Central, we specialise in Learn-to-Swim all year round. We offer programs for babies, toddlers, pre-schoolers, primary & secondary school aged children, and even adults. We have lessons for everyone in the family. All our teachers are qualified, and our "one class per pool" rule means that your children will be less distracted and receive the attention they need.

Kind regards,

The Team @ Swim Central – New Town

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