

## **FREQUENTLY ASKED QUESTIONS**

### **1. What age can my child start swimming lessons?**

We only take children from aged 4 onwards for swimming lessons however we do take children aged 3-4 years for our water confidence class.

### **2. How long will it take my child to learn to swim?**

Swimming is a life skill so we recommend that you keep swimming for life. However each child is different and how quickly they learn depends on a number of factors including confidence in the water, willingness to learn, attendance and whether they also swim outside of lessons.

From experience we think that it will take most children 2-3 terms to complete each level.

### **3. How long are swimming lessons?**

Our swimming lessons are 30 minutes long. This is long enough for the lower levels as their concentration starts to fade and it is long enough for the higher levels as they can be very tired after a lot of swimming.

### **4. What do we need to bring?**

A swimming hat, goggles (make sure they are adjusted to fit), a one piece swim suits for girls and well fitting swim shorts for boys. A drink and a small snack afterwards are always a good idea as children tend to be hungry after swimming.

### **5. Do I have to be in the pool area with my child?**

No, we recommend that you observe from the reception area. Children learn easier when they are not constantly looking at their parents.

### **6. Do I need to bring arm bands for my child if they are just starting lessons?**

We don't recommend using arm bands in lessons. They are a great aid to keep children safe in the water but they actually get in the way of teaching children to swim. Your child will start their lessons in the children's pool which is shallow and where they can stand easily.

### **7. My child doesn't seem to be moving levels?**

Children are constantly assessed by their teacher and will be moved between classes when the teacher decides that they meet the right criteria. In certain cases a child could move to another level within the 10 weeks. They don't have to wait for the next level/term to be moved.

Some children need a few terms in one level and may pass through other levels quickly. It varies by child. All of the swim teachers understand that parents are keen for their child to move up levels. Unfortunately, unless they meet the right criteria, for health and safety reasons and the child's confidence, they cannot be moved.

Extra practice always helps so we encourage parents to bring their children to Family Swims to improve their confidence and technique.

### **8. Am I allowed on the bank to talk to my child/swim teacher?**

No. Due to Health and Safety and Child Protection reasons parents are not allowed on the pool deck unless invited by the by the teacher/manager.

You may be able to briefly speak to the teacher when dropping off or collecting your child from the swimming teacher.

**9. Am I allowed to take pictures of my child swimming?**

No. You may not take photographs of children in a swimming pool environment, regardless of whether they are your child or not.

Anyone found taking pictures will be asked to delete them from their device.

**10. How long is each term?**

Each term is 10 weeks long. There may be breaks for Mid-term/Public Holidays/Hallowe'en/Easter etc. Parents will be informed of these and there will also be signs in the Reception area at least one week prior to the planned break.