



# PARENT GUIDE TO SWIMMING LESSONS

Helping Your Child Enjoy and Succeed in the Water

Welcome to our swim school!

We're delighted your family is looking to join us on this journey of building water confidence, safety, and enjoyment.

This guide is designed to help you and your child prepare for lessons and know what to expect in the first stages of learning to swim.

## BEFORE LESSONS BEGIN:



# PREPARING Your CHILD

Starting swimming lessons can be exciting, and sometimes a little daunting. Here are some simple ways to help your child feel comfortable and confident before they even step into the pool:

### **Talk about the experience positively.**

Explain that lessons are fun, safe, and led by friendly teachers who will help them learn new skills. Once you've booked, check your teachers name on your Soakly customer hub!

### **Practise at bath time.**

Before coming to the pool, encourage gentle splashing, blowing bubbles, or putting ears and chin in the water in the bath, these small steps build early water confidence.

### **Visit a pool together (if possible).**

Watching other children swim or playing in shallow water helps your child get used to the sights and sounds of a swimming pool.

### **Bring the right kit.**

Having their own swimsuit, towel, and goggles can help your child feel proud and prepared.

### **Arrive in good time.**

Aim to arrive 10 minutes early so there's time to settle, change, and avoid feeling rushed.

### **Read your venue details and terms & conditions.**

Each pool has its own layout, entry process, and safety rules. Please take a few minutes to read the venue information and our terms & conditions before your first lesson, this helps ensure you understand how we operate and that you're fully onboard with how we run our sessions.

# WHAT TO BRING TO EACH LESSON

To make sure lessons run smoothly, please bring:

- Swimsuit or swimming trunks
- Towel
- Swim hat (if your hair was longer than shoulder length)
- Goggles (optional for beginners, but we highly recommend them to help build water confidence)
- A clean nappy and swim nappy (for babies and toddlers)
- Hairbrush and dry clothes for after the lesson
- A drink for after swimming, learning to swim can be thirsty work!





# WHAT WE TEACH FIRST:

## THE FOUNDATION SKILLS

During the first few lessons, our focus is on helping your child feel safe, happy, and confident in the water.

We build skills gradually and positively; every small step is celebrated. Here are the first five key things we teach:

### **Water Confidence**

Learning to feel relaxed in the pool, splashing, floating toys, and fun games help children settle and smile.

### **Safe Entry and Exit**

How to get in and out of the pool safely, holding the edge and listening to teacher instructions.

### **Blowing Bubbles and Breathing**

Developing breath control through playful bubble-blowing and face-in-water games.

### **Floating and Balance**

Finding a comfortable floating position on the front and back, often with support at first.

### **Kicking and Movement**

Gentle leg kicks and paddling movements that form the foundation for swimming strokes later on.



# YOUR ROLE AS A PARENT

Parents and guardians play a vital part in a child's swimming journey, even if you're not in the pool:

Watch and learn. Seeing how teachers work can give you ideas for fun water play at home or on holiday.

Be consistent. Regular attendance helps children build trust and routine, it also aids progression!



Celebrate small wins. "You blew bubbles today!" means just as much as swimming a length.

Encourage, don't pressure. Every child learns at their own pace.

Give your child time to settle. It's perfectly normal for children to need a few weeks to feel fully comfortable in lessons. We offer a 4-week cooling-off period to allow this adjustment time, consistency and patience really do make all the difference.

# WHY STARTING YOUNG MATTERS

Early swimming lessons are one of the most valuable gifts you can give your child.

Introducing children to water from a young age helps them develop essential life skills, including:

Water safety awareness, understanding how to behave safely around water.

Confidence and coordination, building body awareness and balance from babyhood.

Resilience and focus, learning through gentle challenge and achievement.

By starting young, we're not just teaching swimming, we're helping create safer, more confident communities.

The more children who learn to swim early, the fewer water-related accidents occur later in life. Together, we can make a lasting difference.







# OUR PROMISE

We'll always provide:

A safe, welcoming environment for every child.

Qualified, caring instructors who understand how children learn.

Lessons that are structured, progressive, and full of fun.

Together, we'll help your child develop lifelong confidence and respect for the water.



We would love to be the first step in your child's learn to swim journey.

If you have any questions, please speak to a member of our team on;

01257 443476  
[hello@swimsuperb.co.uk](mailto:hello@swimsuperb.co.uk)

See you at the pool!

**WE CAN'T WAIT  
TO MEET YOU!**