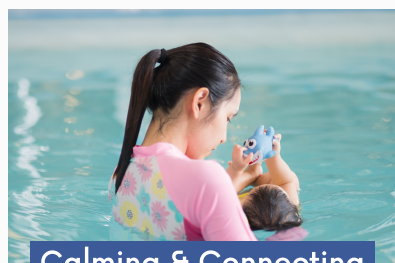




**McLaren
Leisure**

Early Years Swimming



Calming & Connecting



Quality Time



Have Fun & Make Friends



Child-led in everyday



Enjoy swim success

McLaren Leisure's Early Years Programme consists of three levels: Adult and Baby; Adult and Toddler; and Adult and Child and follows the Scottish Swimming's national framework for swimming in Scotland, which provides a clear set of national standards and progressive pathway. The earlier you introduce your child to water the more confident he/she will become. The Early Years programme is designed to introduce you and your child to the water in a fun way making it exciting and enjoyable for you both. It will provide you as a parent with confidence and skills to help teach your child to swim.



**Scottish
Swimming**



What do our lessons look like?



- Small classes: A maximum of 10 little ones and their grown ups at any one time.
- Our 30 minute classes are the perfect length for your little one to get the most out of their swim.
- Tailored lessons to suit your & your child's needs and ability
- Learn through play, songs and repetition
- We take things slow, your first lesson will focus on settling you and your baby into the water gently.

Working Together

Together we will practice lovely comforting holds and talk about how the water will gently support your baby, making sure your baby feels safe, secure and warm. Our lessons take place in the shallow end of the pool so you will always be able to stand. It is our aim to make you feel comfortable and confident in the pool, as well as your baby. You will never be asked to do anything you don't feel comfortable with, options will be provided and we will explain everything as we go along. Our lessons are always child-led (and parent-led!)

Settling In

The swimming pool can be a strange new place for babies, it can be full of new sounds and smells. It is also a wonderful environment to explore and develop their love of swimming. Babies may become unsettled or can get tired towards the end of a class. Don't worry, this is completely normal. If baby does cry we are here to support you with our soothing and calming holds and moves. If you or your little one are getting overwhelmed by all the new surroundings and wish to step out of the pool or sit on the side to watch for a while that is absolutely fine, just let your teacher know. Sometimes 20 minutes is enough time for baby's first few swims. Please chat with your teacher if you have any questions or feel you require additional support, we are here to help you.

Aims & Objectives of the Early Years Programme

It is our aim to introduce you and your baby to a swimming environment and develop your confidence and skills in the water and to ensure the safe and effective handling of the baby in the water. Quality time will be a key element of the adult and baby experience, allowing you time to bond with your little one while creating wonderful memories and lifelong bonds. We will work on basic body positions and a range of holds and movements in the water that will provide you with the tools you need to help teach your child to swim.

FAQ's

How warm is the pool?

Our sits at a lovely 30 C. Though the air temperature may make this feel cooler initially. We recommend that little ones wear a baby wetsuit to keep them a little warmer during their lessons. Your teacher will include some other tips during your lessons on how to keep warm.

How can we prepare for our swimming lesson?

Babies love familiarity, so getting them used to the water before hand will help them to prepare for the lesson. Having a bath or shower together is the perfect place to start. Take time to get to know the water, its feel and its sound. Cradle your baby, play and sing together, see if your baby enjoys light sprinkles on their hands and feet. All of these are reassuring your baby that being in the water is fun and safe place to be.

What do i need to bring?

Swim Nappy - Little ones should wear both a swim nappy with a neoprene nappy over the top to minimise the chance of any little accidents. single use nappies are available to purchase at reception if required.

Wetsuit - To help keep your baby warm if they are sensitive to the cold.

Towel - To wrap up warm after your lesson.

Changing mat - A small roll up changing mat so you can safely and comfortably change your little one. We have a number of baby changers and high chairs available for use during your lesson too.

What are the changing facilities like?

We provide changing room facilities which are suitable for both you and your baby. With a number of baby changing tables and high chairs available for use during your lesson. Though we recommend that your bring a small roll up changing mat so you can safely and comfortably change your little one anywhere if required.

Does my baby need vaccinations first?

According to NHS guidance, "You can take your baby swimming at any age, both before and after they have been vaccinated. It does not matter if they have not yet completed their course of vaccinations"

If you are unsure about attending you can always discuss this with your health practitioner first. If your baby is premature please check with your health practitioner before signing up for a block of lessons. When they're ready, we are too.

Is it safe for my baby to go under water?

Absolutely, Babies are born with a reflex called the 'laryngeal reflex' (gag reflex) This kicks into action when your baby feels water on their face, nose or throat. When your baby goes under the water the soft tissue at the back of their throat closes over. Using their natural reflexes we prepare them to go under the water through word association. As they grow older and this reflex fades, controlling their breathing becomes a learned response.

Don't worry, we will work on this together and we will never submerge a baby that isn't ready or prepared to go under.

Should we attend class if either of us are poorly?

If its a light cold, or a bit of the sniffles then it is fine to attend your lesson. If either of you have a temperature then it is best to give it a miss. If you or your baby have any significant illnesses such as, ear infections, chicken pox, vomiting, diarrhoea, covid then please stay at home.

Please do not attend your lesson if sickness and diarrhoea symptoms have not completely cleared for at least 72 hours before your lesson.

Will there be other dad's in the class?

We are often asked if there will be other dad's in the class and the answer is yes! Our class participants do vary but we very often have a mixture of mum's, dad's, grandparents, aunts and uncles. We love meeting all caregivers to your little ones and they enjoy the close holds and moves with baby that create lovely memories and lifelong bonds.