

Toddler Programme



The SwimJamaica Toddler Programme is designed for children (from 2 years old) with an adult in the water. Children on the programme receive a t-shirt, a certificate and stickers to reward their progress.

Focus of the SwimJamaica Toddler Programme

- ◆ To develop water confidence
- ◆ To encourage water safety from a young age
- ◆ To prepare children for entering the SwimJamaica Children's Programme
- ◆ For enjoyment and fun for adult and child
- ◆ For socialising with other children/parents

What happens in a class

There will always be a SwimJamaica Instructor leading the session. They will spend time introducing activities as well as some time with each parent/child. Some of the activities that will take place include,

- ◆ Games & songs with a purpose
- ◆ Jumping & diving into and under the water
- ◆ Kicking of legs & introduction of arm movement
- ◆ Floating in different shapes, with and without swimming aids

How to prepare yourself for a class

Once you have signed in for classes, it's important to be committed to the classes and attend the full term. Elements of the SwimJamaica Toddler Programme are repetitive. This is important for the child to be able to grasp the skill. However as an adult this can seem tedious. It is important that as you lead the skill with your child that you remain encouraging and patient.

Your child will know if you are concerned about the water and this will lead them to be apprehensive. If you are unable to swim yourself or have a fear of water - join our adult learn to swim classes!



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How to prepare your child for class

Before you start swimming classes ensure that your child is used to water. Encourage long baths, a hose in the yard, a paddling pool & general play with water. *However remember that water is also dangerous and your child should always be supervised.*

On the day

- ◆ Ensure that your child uses the bathroom before coming to class
- ◆ Do not eat one hour before swimming. It is also advisable to not have a meal 2 hours before swimming. *This is because food has to be digested before exercising*
- ◆ Children should wear comfortable swim wear that does not restrict movement
- ◆ Goggles are not needed. *However if your child has particularly sensitive eyes then please speak to the instructor*
- ◆ Children with long hair should wear a swim cap
- ◆ In the winter months it can sometimes feel cold when the child exits the water, remember to bring towels and dry clothing. It is also a good idea to have a drink or snack for after class

Frequently asked questions

Q. Why are lessons only for 30 minutes?

Short, frequent lessons over a set period are more productive than intensive, long or sporadic lessons

Q. How important is it to attend all the sessions?

It is best for your child to come to all the sessions, as skills are then built on and do not have to be re-learnt

Q. What if my child is upset?

Don't worry! It may not be the water that your child dislikes. Persevere, many children who start by being upset become the best swimmers later on

Q. Why not just start my child swimming at 4 years?

It is good to start your child swimming at a young age for many reasons including,

- ◆ Safety - if they were to fall into water, they can save themselves
- ◆ It is documented that parent & child classes increase intelligence, concentration, alertness and perceptual abilities
- ◆ It has also been found that swimming enhances children's social, emotional and physical wellbeing

Q. When I learnt to swim I was thrown in the deep water. I can swim, why do you not use this method?

While this method may work in some cases, often it results in children being very afraid of the water.

Q. Where does my child go from the SwimJamaica Toddler Programme?

Most children who have come through the toddler programme enter the SwimJamaica Children's Programme at level 2

