

Whitby Leisure Centre

Swimming Development Scheme with the Swimming Teachers Association

New Guppy Class

Age 4 to 5 years

These sessions have been introduced for the younger generation at Whitby L.C for 2009.

We will be working within the S.T.A's criteria and following the awards set out by them.

While teaching your child the fundamentals in swimming this will develop their safety skills, confidence and gradually become self - reliant in the water, through communication, trust and fun play and lots of praise. This will lead to them progressing through the awards scheme. From the Guppy's classes to the Water Rats classes within the swimming development programme at Whitby Leisure Centre.

We will teach your child water safety, water confidence, skills building and a variety of water activities and games, which will be new, fun and exciting, but also challenging. Games will be relaxing and fun but at the same time develop the child's ability in the water.

Once they have achieved all the task/skills within each award they will be given the Badge and certificate for that award.

Teacher will instruct from within the pool.

All teachers are CRB checked

The groups only have 6 in a class

In a block of 5 weeks

Priced at £20.50
(2009 Prices)



Whitby Leisure Centre

Tel: 01947 604640

West Cliff, Whitby, YO21 3HT



Whitby Leisure Centre

Swimming Development Scheme with the Swimming Teachers Association

Parent & child Swim Sessions

We are now offering these classes to enable both parent and child to bond and become more relaxed in the water.

We will teach the parent and child to understand the skills and tasks involved, these are learnt differently but complementary ways and the fundamentals are the same.



We will work with the baby's natural swimming reflexes; these should be built on and strengthened. Parents will be able to swim freely with their baby on their front and back. They will be confident with submersion and develop their safety skills. Both will become more confident and the child will become self reliant in the water. The parent and child have a special bond already, and with exercises, allowing each baby/child to develop at their own pace, promoting a progressive foundation for unaided swimming on the basis of reflex movement in the first few years. The child's leg and arm movements should be encouraged and developed in preparation for swimming. The child's underwater breath-holding capacity should also be developed. This can all be achieved through more movement, experimentation, communication, trust, fun play and lots of praise.

Teacher may instruct from within the pool.

Ratios: 1 adult to 1 child

Number per session 15 babies/children

Number per session 15 Adults.

Swimwear must be worn by the babies/child. You should always remember to bring extra swim nappies and towels.

We would recommend that you don't feed them within an hour of coming to the session.

All teacher are CRB checked

Booked in blocks of 5 weeks - Price £20.50 - (2009 price)

