



**BABY AND FAMILY SWIM INSTRUCTOR COURSE Estonia, Tallinn**  
**10.-11.6. ja 30.6.-2.7.2023.**

**1. OSA:**

**Saturday 10.6.2023**

9.00-11.00	Theory
11.00-12.00	Lunchtime
12.00-14.00	Practice (in the swimming pool)
14.00-17.00	Theory

**Sunday 11.6.2023**

9.00-10.00	Theory
10.00-12.00	Practice (in the swimming pool): <ul style="list-style-type: none"><li>➔ 10.30-11.00 (Babies ages 3 months- 1 year)</li><li>➔ 11.00-11.30 (Babies ages 3 months until 1 year)</li><li>➔ 11.30-12.00 (Babies ages 3 months until 1,5 year)</li></ul>
12.00-13.00	Lunchtime
13.00-17.00	Theory

**2. OSA:**

**Friday 30.6.2023**

16.00-18.00	Theory
18.00-20.00	Practice (in the pool)

**Saturday 1.7.2023**

9.00-11.00	Practice (in the pool): <ul style="list-style-type: none"><li>➔ 9.30-10.00 (Babies ages 3 months until 1 year)</li><li>➔ 10.00-10.30 (Babies ages 3 months until 1,5 year)</li><li>➔ 10.30-11.00 (Toddlers age 1 until 3)</li></ul>
11.00-12.30	Lunchtime
12.30-17.00	Theory



**Sunday 2.7.2023**

9.00-11.00	Practice (in the pool): <ul style="list-style-type: none"><li>➔ 9.30-10.00 (Babies ages 3 months until 1 year)</li><li>➔ 10.00-10.30 (Babies ages 3 months until 1,5 year)</li><li>➔ 10.30-11.00 (Toddlers age 1 until 3)</li></ul>
11.00-12.30	Lunchtime
12.30-15.00	Theory

**BABY- AND FAMILY SWIMMING INSTRUCTOR COURSE**

The Finnish Swimming Teaching and Lifesaving Federation (FSL) organizes baby and family swimming instructor course, for swimming teachers who want to start working with babies in the pool.

The course consist of theory and practical sessions with real babies and practical homework during course weekends.

In this course you learn child-led and individual way to instruct babies with their families in baby- and family swimming groups.

Theory in this course includes parts of baby`s development, safety issues, aimful instruction with observation, individual progression, play and practical advices to organize baby- and family swimming.

In practical sessions you learn how to handle baby with different positions and holds, learn many practices and how to build classes in the pool.

Total hours 40.