

Happy Babies Swim

Teacher Education

Balance, confidence and happiness to families through the gift of swim

Program

Day 1 - Baby Swimming

- 09.00 Welcome - Introductions and Brief Presentations
- 09.30 Baby Swimming Briefly - History, Culture and Definition
- 10.30 Why Baby Swimming? - The value it can bring individuals, families and societies
- 11.00 Coffee Break
- 11.15 General Guidelines, Medical Aspects and Conditions to Consider
- 13.00 Lunch
- 13.45 Attachment - What is it? And How Water is a natural arena for strengthening or weakening the important and crucial bond between parent and child
- 15.00 Class Structure and Program Planning Intro
- 16.00 Coffee Break
- 16.30 Masterclass - Baby Swimming
Baby Beginners 2-6 months (16.30-17.00)
Baby 2nd Step 6-12 months (17.00-17.30)
Baby 3rd Step 12-24 months (17.30-18.00)
- 18.00 Thank you for today!

Day 2 - Baby Swimming

- 09.00 Recap and Questions from yesterday
- 09.30 Parenthood – History, trends and culture in parenting
How to support, Guide and Empower
- 10.15 Helping Children Grow Essential Skills For Life In The Water
- 11.00 Coffee Break
- 11.15 Psycho-Socio-Motor Development in the Aquatic Arena
- 13.00 Lunch
- 13.45 Step-by-Step holds and activities for Babies 0-2 years
- 16.00 Coffee Break
- 16.30 Pool Session - hydromechanics and practice with dolls
The 'just enough' support and flow. Songs, holds and activities and how to support, guide and empower parents and babies.
Baby Beginners 2-6 months (16.30-17.00)
Baby 2nd Step 6-12 months (17.00-17.30)
Baby 3rd Step 12-24 months (17.30-18.00)
- 18.00 Thank you for today!

Day 3 - Baby Swimming

- 09.00 Recap and Questions from yesterday's pool session
- 09.30 Quiz -time! Songs, Holds and Activities and their Purposes
- 10.30 Leadership and teaching in water
- 11.00 Coffee Break
- 11.15 Program Planing and Leadership – Time To Practice and Prepare
- 13.00 Lunch
- 13.45 Pool Session – With Babies
Baby Beginners 2-6 months (13.45-14.15)
Baby 2nd Step 6-12 months (14.15-14.45)
Baby 3rd Step 12-24 months (14.45-15.15)
- 15.30 Coffee Break
- 16.00 Recap and Feedback from Pool Session
- 17.00 Wrap-up & Diplomas
- 18.00 Thank you!