

Details	<ul style="list-style-type: none"> • Infants 3-6 months • 30 minute session • 15 places per session • No booking required • Relaxed teaching style • Fun, easy-going environment • Learn simple cue words, actions, songs • \$2 coffees and safe play area post class
Session	<ul style="list-style-type: none"> • Tuesdays 11.45am-12.15pm
Cost	<ul style="list-style-type: none"> • <i>FREE</i> class • Casual pool admission applies



FAQs

What is Aqua Play Group?

Aqua Play Group is water-based socialisation for babies aged between 3 and 6 months. Parents are in the water supporting their child, while a qualified AUSTSWIM teacher guides the group through relaxed, fun-filled activities. Sessions are held weekly and involve a 30 minute routine consisting of holds, floating, pre-conditioning, submersion and water safety. There is no cost or booking requirement attached to the program. Participants simply pay their pool entry (\$5.30 for a parent and baby) on admission.

Who benefits from Aqua Play Group?

While babies benefit from fostering a love and enjoyment of water, parents benefit from learning how to cradle their baby, prepare them for submersions and prompt breath control. Learning simple steps, including pre-conditioning (pouring water over a child's face and using verbal triggers) can ease any tension around bath time as well. The program recognizes that most new mothers are affected by some form of isolation, particularly in the first six months of having a baby. In that respect, Aqua Play Group provides social interaction at a compatible time and venue.

[PTO]

What are the benefits of water experience from such a young age?

Whilst many parents choose not to begin formal lessons until a later age, babies who commence swimming from 3 months of age are rarely unhappy in the water. Having come from the aquatic environment of their mother's womb, they adapt easily and do not develop fear or anxiety about swimming that some older children struggle with. Early water safety and awareness skills are developed, as are physical and cognitive skills. Additionally, if parents do plan on commencing formal lessons in the near future, the aquatic independence and foundation skills the babies learn will serve them in later swimming.

Are there any risks? What do I need to know about the environment?

Public pools are a very low risk environment, especially when children are provided direct and unwavering observation by a competent adult. Water quality, including sanitization, pH and temperature, are regulated according to state legislation. The pool in which Aqua Play Group is held is heated to 33°C. If you are worried about skin sensitivities and ear infections, there are simple steps to help prevent them. Rinse your baby after the lesson in fresh water and if necessary, apply a light moisturiser. If eczema or psoriasis pose a problem, you might consider a barrier cream, available at any pharmacy. It's not unusual for babies to get ear infections. While the program routine won't involve a lot of underwater activity, laying your baby on their side will help to drain any water. Children are most at risk for ear infections between 6 and 18 months, so introducing your baby to the aquatic environment early doesn't increase the risk.

What should I bring?

Naturally, any new mother is going to come equipped with the usual nappy bag and associated items. In addition to standard nappies you'll need 'Little Swimmers'. These are disposable aqua nappies that have a durable outer cover so they won't tear on rough concrete at the pool. Regular disposable nappies should not be worn in the water as they swell up, lose integrity and in doing so, compromise the water quality for other patrons. You use Little Swimmers the same way you would a swimming costume. They can also be worn under a swimming costume. Little Swimmers can be purchased by the packet at leading supermarkets, or individually at Bluewater (\$3.00 each). Other than aqua nappies, bring a towel or two for after the lesson, a couple of dollars for a coffee with the group afterwards, and any other conveniences you'd like on hand for yourself or the baby.

ENQUIRE

To learn more about our Aqua Play Group, please contact Bluewater on 5232 9551 or visit our website—www.bluewater.org.au

Bluewater also offers Swimming and Water Safety classes, 6 months through to adults. To learn more, please visit our **Enrol in Bluewater Swim School** page on the website above, or speak with a member of our team on your next visit.