

All You Need To  
Know About Our  
Programme In One  
Pack

# Contents

About Us.....	3
Our Programme.....	4
Benefits of Baby Swimming .....	5
What to bring to your first class.....	6
Merchandise.....	7
Safety Tips.....	8
What happens at our lessons?.....	9
What are the water wobbles?.....	10
Photography.....	11
What are you waiting for?.....	12

# About Us



**Gill  
Owner**



**Ann-Marie  
Instructor**



**Sarah  
Admin**



**Kerry  
Instructor**



**Gillian  
Instructor**

**Gillian  
Instructor**



# Our Programme

Octotots is an exciting baby, toddler and academy swim school. Our highly trained teachers work using Swim Teacher Associations framework for teaching swimming as a life skill.

All our teachers are fully qualified via the Swim Teachers Association. As a minimum, all teacher have a qualification in Baby and Pre-school teaching, but in reality, all currently have additional qualifications including a pool rescue, a certificate in swim teaching for improvers and competitive swimming amongst others.

Our baby classes are suitable from birth until around 2 years old. The focus of our baby classes is to promote an enjoyment of water for babies, somewhere they feel safe and secure. These classes also off a great bonding opportunity for parents and baby.

Our toddler classes are suitable from around 2 years until 4 years. These classes work towards independent swimming and life-saving skills. We use lots of toys, games and songs to ensure your child has great fun on their swimming journey.

Our academy classes are aimed at those who have mastered the basic swimming techniques and are moving on to stroke development and more independence.

We also have Octokidz class which are our transition class for those who have completed the Octotots programme and are moving to swimming without a carer in the water with them.



# Benefits Of Baby Swimming

There are many, many benefits to taking your baby swimming. First and foremost, it lays the foundations for teaching your little one a life skill that could save a life one day. However, there are other more immediate benefits for you and your child:



Family activity. Swimming is a great way for the whole family to spend time together, having fun. Older siblings can get involved along with Mum, Dad and even Grandparents.



Improves co-ordination and balance. Research has shown that babies who swim have better balance and can grasp objects more easily than non-swimmers.



Helps to develop brain function. Only in water can babies move freely and explore actions they otherwise wouldn't be able to. This in turn aids development of crucial high brain functions.



Helps to develop the heart and lungs. Swimming is the only form of cardiovascular work out babies can do making it great for strengthening their heart and the lungs, as well as all the other muscles in the body.



Improves eating and sleeping patterns for the babies.



Builds confidence for you and your little one.



Provides an excellent opportunity to bond with your baby and it is great fun!

**These are just a few of the benefits that can be achieved from swimming with your baby from an early age.**

# What should I bring to my first swim class?

Always be prepared. If possible have your bag packed in advance to save rushing for class. You guys will need a lot so bring a big bag for all your essentials!

We would advise you bring a few reusable swim nappies just incase. We operate on a double nappy system to prevent leakage in the pool. If you need to change your baby during class...no problem at all!

You should also bring:

- ✓ A plastic bag for your wet clothes
- ✓ A towel, one with a hood if possible to wrap baby in once you get out the pool
- ✓ A dummy if your baby uses one
- ✓ A bottle or snack for after class (swimming makes babies very hungry!!)
- ✓ A changing mat
- ✓ One of your baby's favourite bath toys

# Merchandise

## Happy Nappy

This goes on top of the disposable or reusable swim nappy to prevent leakage in the pool. These cost £10 and come in sizes 0-3m, 3-6m, 6-12m, 12-24m and 2-3y



Happy Nappy

## Warming Wrap

These go on top of the happy nappy to add extra warmth and keep your baby snug. These cost £18 and come in sizes 0-6m, 6-18m and 18-30m



Warming Wrap

## Wetsuit

These go on top of the happy nappy and have a lovely super soft fleece lining inside. These are great for babies with skin conditions as they work well with barrier creams and also keep your baby nice and cosy. These cost £23 and come in sizes 0-3m, 3-6m, 6-12m and 12-24m



Wetsuit

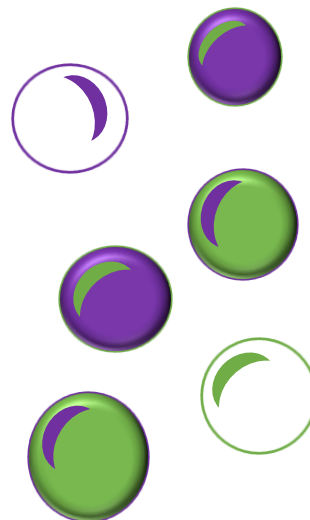
# Safety Tips!

You may want to have a wetsuit for your baby in the water. It keeps them nice and warm. Babies are not very good at retaining heat, so if they start to shiver, don't worry just take them out.

Babies shouldn't stay in the water for too long on their first visit. 30 minutes is long enough and remember mummy knows their baby best.

**Your baby can come swimming, even if they haven't had their immunisations yet!**

**Bring nice warm clothes for after your lesson!**





# What Happens In Our Classes!

## Baby Classes

Our baby classes are very relaxed. We promote baby led lessons and very much take the lead from the babies in class. We teach the babies a cue, so they know they are going under water and if they choose not to, then that's ok.

We use songs to incorporate activities and structure and toys to have fun with in the water.

Bonding is also really important to us in the baby programme and our lessons definitely reflect that.

## Toddler Classes

As your baby turns into a toddler, they would like a little more independence when toddling around and our lessons are no different. We work with woggles and floats and encourage independence at the toddler's own pace. We love to see the toddler's face when they swim on their woggle on their own for the first time, as well as the carer's.

Our songs change as the classes change but most importantly they are fun for both toddler and carer.

## Academy Classes

We have done it!! We have mastered the basic swim skills and we are on the way to the Olympics! These classes work on stroke skills and confidence in the water. We also work on listening skills to prepare the kids for swim classes without a carer in the water. We find in our academy classes that the children love being independent in the water and often ask to do things by themselves which we also encourage.

## Octokidz

We can do everything all by ourselves! And it is true, the children really can. These classes are in deeper water without a carer in the pool. We work on confidence, following instruction and preparing for lessons where the instructor is not in the water.

# What Are The Water Wobbles?

If your child suddenly decides that now they don't like swimming, cling to you throughout class, scream the whole lesson and absolutely refuse to take part in class they are probably experiencing what we call the water wobbles.

Lots of babies/toddlers go through this, so please don't think your alone. It is perfectly normal and there is nothing you can do to prevent it happening. There are a number of factors that could be the issue such as learning to walk, wanting to talk but not being able to just yet, starting nursery. They are learning about independence which we are encouraging, and they are now asserting their own opinions.

So how do we help? Perseverance is the key. And it is not always easy for baby/toddler but continuing to come to class is very important when trying to get over the wobbles.

Unfortunately, we never know how long the wobbles are going to last, it could be a week, a month or even a few terms.

As teachers, we are well aware that your child is going through the wobbles and we appreciate it can be very hard for you. At times it can be frustrating and even embarrassing but please know you aren't disrupting the class and the most important thing you can do is let your teacher guide you, be patient, remain calm and give your little one lots of encouragement.

Go swimming outside class – practise what we teach you

Woggle resistance?  
Buy a woggle for the bath, have it at home so it becomes familiar

Let them watch the other kids in the class then encourage them to join in

We would not encourage you to get out the pool – try playing with the toys

# Photography



We run around 4 photoshoots each year. This is an opportunity for you to capture your baby swimming underwater and be a really unique memory to have. We work with Clear Photography who are amazing at capturing images.

The photoshoots run in a similar way to our classes, with the main difference being the underwater swims are done to the camera. Our instructors look after you throughout to ensure that it is enjoyable for both baby and carers.

Before attending a photoshoot, we ask that your little one is comfortable under water.

If you need to wait a bit longer for your photoshoot to make sure your child is happy in the water that is absolutely the best thing to do. If you are unsure whether your baby is ready you can speak to your instructor at class and they will advise you.



To be added to our waitlist for a photoshoot please email [info@octotots.com](mailto:info@octotots.com)

# What Are You Waiting For?



[www.octotots.com](http://www.octotots.com)



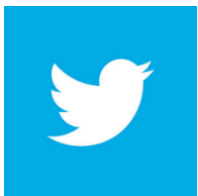
[info@octotots.com](mailto:info@octotots.com)



Octotots



Octotots



@octotots



07801177206



Octotots Swim School

Email Us!

Find us on  
Facebook!

Give us a  
tweet!  
Find us on  
Instagram!

Give us  
a ring!

Subscribe to  
our channel!