



Star Babies/ Tots Program



Introduction:

For children aged 6 - 18 months (babies) and aged 18-36 months (tots), The Star babies course introduces the core competencies by providing instruction to the adult who accompanies the child (such as parent, grandparent, guardian or caregiver) about how to develop aquatic readiness. The purpose of this course is to develop in very young children a high comfort level in the water while in the same time training the adults in water safety and drowning prevention. This course does not teach children of this age to become accomplished swimmers or survive in the water, It does provide a confidence building, fun, loving experience and foundation for a lifetime of aquatic learning

Outline of the course:

The course consist of 5 segments and is divided into color's. Each color have a core competency , safety benchmark

and swim skill bench mark we are working to



Trust and Comfort



Body Position



Submersion



Air recovery & rollover



Forward Movement

Cost and duration of lessons:

The class sessions consist of a 30min lesson. there will only be two students allowed per instructor during these sessions . The cost for this session is as follow

- First class (evaluation session) R 300 per student and includes a 30min lesson, swim towel and log book
- 1 child = R100 per 30 min lesson
- 2 children = R90 per child per 30 min lesson
- 3 or more children = R80 per child per 30 min lesson
- Private lesson one on one = R 200 per lesson for 30 minutes

What must I bring along:

We recomend that the perrant accompany the baby or toddeler on the first few sessions of the child just to get then use to the instructor and build trust with the instructor with them in the water .

Please also bring along a swimming towl, One piece costume or swim suite and dry cloathing. Should the child not be potty trained he/she must wear swim diappers during the pool session