

Waterbabes FAQs

What age can my baby start swimming?

Your baby can start swimming with us straight from birth. If your baby is premature, please check with your doctor before booking & starting lessons. So long as your baby is medically fit, they can attend lessons once they are past their due date.

Will my baby need their vaccinations first?

Current health guidelines state that your baby does not need to wait to have their vaccinations before starting their swimming lessons. Should your baby be premature, please check with your doctor first. Further information can be found on the government website: <https://www.nhs.uk/common-health-questions/childrens-health/can-my-baby-go-swimming-before-or-after-vaccinations/>.

What do I need to wear?

Please wear practical swimwear and bring a towel.

What should my baby wear?

We require a disposable nappy with a Happy Nappy over the top. Happy Nappies can be found here: <http://www.splashabout.com/baby-swimming/happy-nappy-products/happy-nappy>).

Please ensure that all nappies are disposed of in the appropriate bin or taken away with you.

Please remember supervision of your children is your responsibility and not that of the teachers. If you are in the Parent & Child session, there is to be only one adult in the pool at a time with each child, other family members may sit and watch.

What should I bring to the first lesson?

Please bring swimwear, towel, changing mat. If your baby feels the cold a baby wetsuit would be a good idea. Ideas on wetsuits are:



My baby has eczema, will the water affect their skin?

If your baby has eczema, we recommend applying a prescribed barrier cream over the affected area before putting a rash/sun suit on them. Please do check with your doctor/health professional to gain their advice if you are concerned.

How warm is the pool?

Our pool is heated to an average temperature of 29.6C.

When should I arrive for my lesson?

We recommend arriving and be ready to get in the pool at least 10 minutes before the lesson starts.

If my baby goes under water, is it safe?

Babies are born with a reflex called the 'laryngeal reflex', or 'gag reflex'. This reflex activates when your baby feels water on their face, nose or throat. When your baby goes underwater, the soft tissue at the back of their throat (larynx) closes and blocks the entrance to the airway.

In the lesson we use the baby's natural reflexes to prepare them to go under the water through actions and word association. When the reflex fades, the babies learn to control their breathing. Submersion is never done if the baby has not been prepared or is not ready to go underwater.

What Swim England Awards do you follow?

We follow nationally recognised awards from Swim England, one of the UK's National Governing Body for swimming. Babies start with the Discovery Duckling badges and progress through all these stages before moving to the Duckling badges. From there, and once they reach school age, they progress to the Learn to Swim Program.

Badges and Certificates can be purchased from our reception team.

Do you offer catch up lessons if my child is poorly?

Missed catch up lessons are not offered. On the rare occasion where we must cancel a class due to teacher unavailability a refund for the class will be given.

My child has additional needs, how is this supported?

Water is a fantastic leveller, a place where both children and adults can flourish and have fun. Swimming has a whole range of benefits for babies and toddlers with disabilities and learning difficulties, and we welcome everyone to swim with us. Our teachers are trained to teach every baby and toddler as an individual, at their pace.

Please feel free to contact us with any concerns on bluecoatsswimacademy@christs-hospital.org.uk.