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Pool Location

South Metro Denver, Littleton and DTC
Underwater Phantaseas Scuba Shop
6860 S. Clinton St
Greenwood Village
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What to Expect During the Initial Stages of Learning

An instructor will not rush a child, nor allow the parents to do so. Children all progress at their own rate. The Following is only a general guideline for what we have observed to be true with children who we have taught in the past.

When children participate in the recommended 4, 10-minute lessons per week, it typically takes toddlers and young children, 12mos to 4 years, 6 weeks to learn the swim-float -swim sequence. Because older children have more stamina and longer attention spans they are capable of coming to longer lessons, fewer times per week, to achieve the same goal.

Younger infants, 6 to 12 months, who are "floaters" take less time initially, 4 weeks, because they are learning only a part of the swim-float-swim sequence. Infants who continue with once a week lessons following the initial survival swimming series will require less time to learn the complete swim-float-swim sequence as toddlers. We ask you to please keep in mind that each child will learn at their own pace based on their individual development and comfort. We feel that attending frequent short lessons allows your child the time and structure to learn and practice their swimming skills. They are able to build upon skills learned the previous day and will become confident in their abilities much more quickly. Although crying before or during lessons is typical especially, for the first weeks, children who attend lessons more frequently typically take less time to adjust to the routine and enjoy their time in the water. We understand that this is a time commitment, but know you will be amazed by what your child is capable of doing.

The first few days of lessons are an adjustment period for new students. Physically, they are working their entire body in a new way. It is typical for children to have an increased appetite and need more rest, as a result of participation in swimming lessons; especially, as their body adjusts to their new routine. Emotionally, we have found that the concern about coming to lessons peaks somewhere between the 3rd and 6th lesson. They began to trust the teacher and understand the scope and sequence of the lessons. They move from being fearful of the unknown, to the realization that they can now do things they previously thought were challenging.

Children who are 2 years and younger may take longer to adjust to the new environment. Their verbal skills are limited. Therefore, they are much more likely to express their feeling through crying throughout the course of the training. Please remember that not every cry means "I'm afraid." A child may cry because they want candy for dinner, or because they don't want to go to bed, etc. If your child is one who continues to cry beyond the 6th lesson, please watch for the type of cry, or complaint, and try to see what they are trying to communicate.

Some children will cry when they arrive at the pool or just before their lesson. This may be because the child wants to maintain contact with the parent and/or has associated the instructor with work. To achieve success in a new skill, there will be days when you need to work, even when you would rather sit on the sideline and watch instead. A contact cry of this type will usually drop in intensity as soon as the child is actually in the water and the work has begun. Sometimes, a child may cry during their lesson. The child has learned the general sequence of the lesson. When we introduce a new skill, a child may be fearful and cry about having to work on a skill that they are not comfortable doing. Even as adults, we tend to avoid what we are not yet, good at or struggle with. Once they are confident in their newly acquired skill, the crying will stop.

Please rest assured that our instructors are calm, caring, and compassionate. We strive to acknowledge your child's emotions and gently guide them through their fear and lack of self confidence in an aquatic environment. It is our goal that over time all children develop a confident attitude towards their swimming abilities.