

Course Description and Outline

Course Title	Mother and Baby Swimming 3-23 months (one child per parent)		
Level of Course	Beginners	Course Code	A1888 C1890
Duration in Weeks	10		
Brief Description of Course What will the course cover?	This is an opportunity for babies 3 – 23 months old to play and explore in the water. Each mother (or other female adult carer) is guided towards teaching their child to develop swimming skills and self-confidence in the water. Adults must accompany their child into the water		
Entry Requirements	None, this course is suitable for beginners and children/adults with limited experience in the water. This course is for women only. Enrolment on one course per academic year due to high demand for places. Please note, no unaccompanied children allowed by the pool.		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Support your baby confidently in the water		
2	Learn some games, songs and water activities that can be practised in any swimming pool		
3	Know the health and safety aspects of swimming and water play		
4	Both able to submerge in water for a few seconds		
5			
Equipment Required What will I need to bring to class?	Child and mother/carers require suitable swimwear (e.g. swimming costume/trunks and towels)		
What courses can I go on to?	Students can progress onto Mother and Child Swimming (2 – 4 years) or enrol on some of our other Family Learning course. Students are encouraged to practise swimming at their local pool		

What examination or assessment will there be and what will it involve?

There will be an initial assessment by the tutor followed by on-going assessment of progress and achievement.

This course will also include the opportunity to gain ASA national toddler swimming awards at a minimal cost. Your tutor will advise

How will I know I am making progress?

Your tutor will provide support and feedback throughout the course.
You will be asked to complete a Health Screening Questionnaire and an Individual Learning Plan to help monitor your progress

Is there anything else I need to know?

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Only 1 child per parent/carer and adults must accompany their child into the water. Unaccompanied children are not allowed in the class. Please do not ask your tutor to give your child access as they do not have the authority to do this.

This course is for women only and men are not allowed in the changing rooms or by the side of the pool.

Health and Safety requirements demand that all learners participating in fitness classes must complete the warm up. Therefore, latecomers that miss the warm up will be refused entry to the session. Late entry on this class is not permitted.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

What if I want extra support? Contact the Learner Support & Advice Team

Come and see one of our experienced and friendly advisors. For further information, email ideastore@towerhamlets.gov.uk and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.3