

5 criteria for choosing the right swimming course for your child



How to choose the right swimming course for your child and what you need to consider when choosing? Let's take a look together at the 5 main criteria that play a major role in the selection process.

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Choosing the right course is crucial to your child's safety, well-being and development. However, a child does not decide on their own. So it is mainly up to you, the parents, to decide how you like the swimming club, whether the instructors will win your sympathy and how you and your little swimmer will enjoy your time together in the water.

When making your choice, it is important to consider several factors to ensure that the course will suit your child's needs and abilities. Let's take a look at the 5 main criteria together.



1. YOUR CHILD'S AGE AND SKILLS

Each swimming course is designed for a specific age group of children and skill level. Make sure you choose a course that is appropriate for your child's age and ability. Some courses are designed for babies, others for toddlers and young children, while some are suitable for older children who can already swim.

We divide swimming lessons as follows according to the age of the child:

➤ **Bathing** - designed for newborn babies from birth (healed navel) to 6 months.

During the bath, parents learn the correct posture of their baby and water grips designed to relax and strengthen babies. Bathing can take place under the supervision of an instructor at selected swim clubs, or at home if you have a large bathtub at home.



➤ **Swimming courses at swimming clubs** - for children from 6 months to 6 yrs

Courses run once a week, with 5-6 children swimming in a group with parents and an instructor. The number of children always depends on the size of the pool. Children are divided into groups according to age, skills and previous swimming experience.

➤ **Kindergarten classes** - some kindergartens organize for their preschoolers swimming classes.

Courses are mainly held at swimming centers and smaller pools or hotel pools. In short, wherever it is possible in the locality. There are about 10 children in a group without parents. The course is usually led by 2 instructors, in the water and on the shore.

➤ **Swimming training** - courses for children over 6 years old.

Swimming sessions are for children who enjoy swimming and are interested in learning and improving in the different swimming styles (freestyle, backstroke, breaststroke, butterfly). Courses take place in large pools (25 m) with an instructor.



2. SWIMMING CLUB INSTRUCTORS

Find out more about the instructors who run the course. Are they qualified and experienced? The course should be run by instructors with knowledge of child development, handling, water safety and lifesaving techniques. Most swimming clubs take care to educate their swimming instructors and train them regularly.

3. POOL ENVIRONMENT AND EQUIPMENT

The environment of swimming clubs varies. Each swimming club tries to make the best use of the opportunities that the pool environment and the location of the club allows. An important factor in selecting a suitable pool for children under 6 is the depth and temperature of the water.

Most pools for this age group have a depth between 80 and 130 cm and maintain a water temperature between 29 and 32 °C. The younger the children, the warmer the water is preferred.

The club should have separate changing rooms, private showers and toilets, and an area suitable for acclimatising the swimmers after swimming, such as a games room or seating area.



4. THE COURSE AND THE COURSE OF INSTRUCTION

Find out how the club runs lessons and what their lessons focus on. The course should focus not only on water safety, but also on proper parent-child handling, swimming skill development, and child self-rescue.

5. AVAILABILITY AND TIMING

Consider the availability of the course and its time options in relation to your schedule and where you live. **It is crucial to consider your child's daily routine when choosing a suitable lesson time.** It is important that he or she is rested and not hungry.

Choosing the right swim lesson for your child can be crucial to their positive experience in the water, safety and development of swimming skills.

[In my free eBook "How to Swim Safely with Young Children"](#) you will find detailed information on swimming courses for children under 6 years old and frequently asked practical questions from parents, along with answers.



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You will be able to learn more about children's psychomotor development in my eBook "*See What I Can Do, On Land and in Water*". (coming soon) You can also support children's PMD through swimming and by choosing an appropriate swimming course.

If you have any questions regarding swimming for children,
[download my eBook "How to Swim Safely with Young Children" for FREE.](#)



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I wish you many joyful moments with your children!



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