



WHY SWIM AT EDGE AQUATICS?

Swimming is an important, fun and healthy lifesaving skill all children should learn.

For babies the weightless environment allows for exploration of movement unmatched on land.

Water exploration at this age lays the foundation for aquatic comfort.

Skills of balance, breath control and movement control are developed at an individual pace.

Edge Aquatics provides a relaxed, positive and comfortable atmosphere where learning will be fun and enjoyable.

For older children swimming develops muscle co-ordination, strength and aerobic fitness with minimal risk of serious injury.

Swimming gives life skills, engages children in social interaction, increases self esteem and creates a sense of accomplishment through a fun activity.

Swimming year round:

Children learn from doing. Continuous enrolment will ensure that activities learnt- become skills for building on.

Swimming teachers:

All teachers must be qualified in line with the National Accreditation Framework.

Additional qualifications are required to teach infant/ parent child classes.

Some of our teachers also have qualifications in disability aquatics teaching, key word sign, coaching accreditation and water fitness. Together they have a huge number of hours in experience and we pride ourselves on our regular in house training and mentoring.

Sick children and swimming:

As winter months approach we all spend more time indoors and are exposed to other people's coughs and colds. At the supermarket, friends and family, school, Pre School, doctors rooms. Young children are teething almost constantly and a runny nose is natural.

Exposure to other people help our immune systems become strong. If we isolate ourselves too much then we increase the vulnerability and duration of illness.

Keep your child social and active in a safe secure, warm environment.

How to help minimise colds etc:

Keep them warmly clothed.

Put a hat on the child's head when going out doors- most body heat is lost through the head in infants.

Bring 2 towels, one for getting out of the water and another to dry them and warm them after their shower.

Keep fluids up all day long.