



DOUG ELLIS SWIMMING POOL - INFANT AQUATICS

Frequently Asked Questions

What do I need to bring to class?

- Towels- one for yourself and one for your child
- Toys- favourite bath toys that are familiar to the child
- Warm clothes to wear after swimming

What do I wear in the water?

- Parent: Bathers/Board shorts and a T-shirt which gives your child something to hold onto.
- Child: Aqua nappies are compulsory. You can purchase either disposable or re-usable aqua nappies from supermarkets or sports stores.

We also have a swimwear shop at the pool which sells swimwear and accessories for all ages. All children enrolled in Infant Aquatics at the Doug Ellis Swimming Pool are entitled to a 10% discount off all Aqua Nappies!!!

What do I do if my child is sick?

It is recommended that children do not attend aquatic classes when they are ill, are running a temperature or have an ear infection. Please call reception to organise a make up class.

What if my child is getting cold during the lesson?

Our pool temperature is set above 30 degrees. Initially it may take time for young children to adjust to spending 30 minutes in the pool environment. If your child is displaying signs of lost body heat, they should immediately be removed from the water, dried, kept warm and clothed.

Will the chlorine in the water affect my child?

Chlorine is used for sterilisation of the water. The chlorination system we use is sodium hypochlorite which is a highly effective yet mild disinfection system. Reactions to this type of pool chlorine are extremely rare, even for infants. Following each class, children should be showered before leaving the centre to wash the chemicals from their skin and warm their core body temperature.

What if my child vomits in the water?

Water intoxication is very rare if your child has achieved aquatic readiness. Your child will be taught to hold their breath (under 1 year) or blow bubbles (over 1 year) to decrease the amount of water ingested. Submersion is not the focus of the class and your child will not have the opportunity to ingest enough water to vomit.

Can we eat before the class?

Try to avoid eating or drinking directly before any aquatic activity. This may cause your child to develop cramps and become sick. However, your child should not be hungry when in the water.

Can we swim before the class?

It is recommended that infants do not swim before their designated class time, to encourage optimum concentration levels during the class. Children learn much better in short learning experiences, Austswim guidelines state that in-water class times should not exceed 30 minutes for infants.

Monash Sport

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How can I prepare my child before arriving at the lesson?

It is strongly advised that you expose your child to our swimming pool environment a few days before your first lesson. On your pool tour, please take them through reception and into the change rooms and around all three pools. Talk to them about their routine and watch the other kids have lessons and play in the water. Show them the lifeguards and other instructors and specify slow walking in the pool area. Sit in the grandstand where you will wait for your classes to start. The more information and distractions they can absorb on a tour prior to lessons, the more they will focus in their first few classes.

How do Infant Aquatics compare to Learn to Swim classes?

The structure of an infant class is quite different to that of the usual Learn to Swim lessons. The focus of our Learn to Swim program is water safety and correct stroke technique, whereas Infant Aquatics are based on water familiarisation, buoyancy and mobility. Infant skills are taught through play and songs and many skills are frequently repeated to ensure aquatic readiness.

What is aquatic readiness?

Aquatic readiness is achieved when your child can anticipate the next move and act accordingly. In each class, parents will be taught teaching cues for the child to learn. This will help them prepare for submersions and other activities.

The ear and nasal membranes of infants are sensitive and placing the child underwater is at the parent's discretion. It is expected that the ages for children will vary for this, depending on the confidence and readiness of the child and parents. Your instructor will give you guidance in this area.

Can parents who cannot swim teach their children?

One guardian per child is compulsory in all infant classes. Our Infant Aquatics will be held in water that is chest depth and next to the wall. We will teach you how to teach your own child, rather than teaching the children ourselves. You will not need to swim, submerge or float in our classes in order to teach your kids, although the more you demonstrate, the faster your child will learn.

Is there anything we can do in the bath at home to assist with our Infant Aquatics?

During each class, parents will learn many activities that can be taken home to bath time fun. Your instructor can help you with ideas to enhance the bath time experience and promote aquatic readiness.

Am I entitled to free practice swimming?

For all enrolled and fully paid students we offer free practice swimming at any time within normal opening hours. School holidays are included, provided the fees for the forthcoming term have been paid in full. We encourage you to use these free sessions on days other than your lesson day. As your lesson fees for Infant Aquatics includes your child and one adult, the free practice swimming will include entry for your child under four years of age and also one adult accompanying the child. Any additional adults or children will be required to pay normal entry prices.

**Welcome to Monash Sport and the Doug Ellis Swimming Pool.
We are sure that both yourself and your child
will enjoy your time here with us.**

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