


# Masters Info

Well prepared for your course

## Before the course

Meeting point at the pool **5 minutes before the course starts**  
Course duration **approx. 45–50 minutes**



 Plan enough time for changing and showering.

## What you need

- ◆ Swimwear for your child and yourself
- ◆ Bathing shoes or non-slip socks are mandatory for you and your child
- ◆ Shower gel and body lotion
- ◆ Towel for your child
- ◆ Towels for yourself or a bathrobe
- ◆ Drink and snack for after the course

## Your role in the course

Depending on the location, group size and the children's developmental stage, your involvement in the course may vary.

- ◆ Parents are an active part of the course
  - ◆ Support is provided depending on the situation, in or outside the water
  - ◆ If needed, you may also support other children
  - ◆ You can encourage children and support them as they try new things
  - ◆ Calmness, patience and presence give children a sense of security
-  The instructor decides situationally where support is needed  
 Your role may change during the course (switching between in and outside the water)

## Child development

Children aged approx. 2½ to 4 years are in an intensive developmental phase:

- ◆ Emotions can change quickly and strongly
- ◆ Children are in the autonomy phase and want to decide and try things independently
- ◆ Courage, curiosity and hesitation may alternate
- ◆ Every child develops at their own pace

In the course, this means:

**Observing – trying – taking breaks are all part of the process.**

## Masters 6 repetition course

Is your child still unsure in the water or a little too young for **Let's Swim**?

Then a **Masters 6 repetition course** may be a good option.

In a familiar group and environment, your child can continue practising, gain confidence and prepare optimally for the next step.



## Outlook Let's Swim

Swimming courses for children aged 4 to 8:

- ◆ 60 minutes per lesson
- ◆ 7-week course duration, 1 lesson per week
- ◆ Without parents present

