

# Holiday Swimming

We often get asked about how to safely enjoy swimming, especially on holidays and help our children gain even more fun and confidence during the break from classes.

Well, you won't be surprised to hear that really, it isn't rocket science! We bet you all know the answer... but we'll share our thoughts anyway.

## First and most importantly – stay safe:

- When researching your holiday, or arriving at the destination if you haven't yet done so, check the safety arrangements of any water-based activities and if there is lifeguard cover at the pool/beach
- Swim with any children in your care – it's more fun and you can keep them close and safe
- Understand your swimming environment – especially how the depth changes
- Inflatable dinghies or lilos are a well-known hazard and can easily be blown out to sea. Don't use them in open water

## Secondly - practice!

- Do the activities and exercises you usually do in class
- Don't use buoyancy aids which you don't use in class such as arm bands as this can confuse your child and potentially undermine their confidence. If you use them in lessons, stick to woggles
- Don't work too hard to progress... holidays are not the place to "push"
- Mix periods of practice with games so that your little one stays enthusiastic

## Finally - have fun and be creative:

- Play with a ball, or lots of different size balls
- Have races
- Have splashing competitions
- Sing your Puddle Ducks songs!

Don't forget to share your holiday #swimmingmilestones with us!



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Water is the best playground in the world, so enjoy it!

