

A close-up photograph of a baby and an adult in a swimming pool. The baby is on the left, looking towards the right with its hand near its mouth. The adult is on the right, looking towards the baby. The water is blue and rippling. The text 'AquaBabes & AquaSensory' is in a light blue box at the top, and 'information pack' is in a white box below it.

# AquaBabes & AquaSensory information pack

IMPORTANT INFORMATION - PLEASE READ IN FULL





# Group Lessons

## AquaBabes & AquaSensory (from 4 months and up)

After many years of following the Aquatots Baby curriculum, we are now so happy to be incorporating the incredible AquaSensory into all our baby classes.

Our classes are now structured to ensure maximum sensory delight and learning. Aquatots is a structured and teacher-led program, focussing on the main aspects of swimming. Floating, propulsion, submersion and SAFETY. AquaSensory focuses on a Sensory experience in the water. This portion of the class is child-led and is a wonderful opportunity to bond with baby.

We have worked carefully to blend these two modalities together to form a wonderful experience for baby & caregiver alike.



We utilise a range of different methods to ensure baby is happy, stimulated and water safe. These classes are not aimed at swimming a perfect butterfly stroke at two years old, but rather to create a true love and respect for the water. Our main priority is safety – therefore, our lessons promote this at all times.

We allow baby to learn at their own, individual pace, nurturing their curiosity with stimulating activities, songs, toys and the wonder that is water. Ensuring babies' first swimming experience is fun, loving and impactful. Mom or dad, gran or grandpa, nanny or au pair are all welcome to participate in the learning process.

We believe a loving, nurturing approach to swimming will ensure a happy, confident future little swimmer. If baby gets hungry during the lesson, we have a step that you can sit on so baby stays warm in the water while you breastfeed. Perhaps bring a small cloth to cover yourself as we do have other spectators in the pool area. This is also an opportunity to bond with your baby and remind them that they can pause at any time if they need to.



# Practical Information

ALL YOU NEED TO KNOW!



## OUR ADDRESS

Our pool is situated on the ground floor of the Village Square apartment block. The entrance can be found down a short alley between The Beach Clinic and Signature Real Estate on Beach Crescent, in Hout Bay. If you are unsure, please feel free to contact us via WhatsApp for more specific directions.

## PARKING

There is plenty of off-street parking available.

## LESSON TIMES

Through your discussion with our Operations Manager, your child/ren will be given a specific lesson time and day. While this is subject to change, it remains fixed week on week unless there is clear communication about any changes with our Operations Manager. Should you have specific requests please note that some time slots are in high demand and you could be placed on a waiting list.

Please ensure you arrive 5 minutes before your lesson to settle in, change and put on a cap and goggles. It is requested that all children sit quietly at the pool side, please.

# Fee Information

PLEASE READ THIS!



- We run our swim school using a MONTHLY fee structure that continues throughout the year. We take a break over the December holidays.
- Fees are due monthly, at a flat rate, and are invoiced via email before the first of each month.
- Fees are paid for the month ahead and are due by the 1st of the month. You may want to consider adding us as a beneficiary with your bank and setting up a scheduled repeat monthly payment.
- On booking your lessons, a Registration Fee of R120 is payable with your first month's invoice. This Registration Fee is a once-off amount.
- Please contact us should you require a payment plan, so we can attempt to accommodate you and your child.

Registration Fee (Non-Refundable)	R 140,00
AquaBabes (Once a Week 30 Minute Group Lesson)	R 510,00
AquaKids (Once a week 15 Minute Lesson)	R 510,00
AquaKids (Once a Week 30 Minute or Twice a Week 15 Minute Private lesson)	R 1020,00
AquaMinis (Once a Week 30 Minute Mini Squad)	R 510,00
AquaSquads (Once a Week 30 Minute Group Lesson)	R 510,00
AquaSquads (Twice a Week 30 Minute Group Lesson)	R 1020,00
Advanced Squads (Once a Week 45 Minute Group Lesson)	R 510,00
Advanced Squads (Twice a Week 45 Minute Group Lesson)	R 1020,00

A R10 sibling discount/month is also available.



PLEASE READ THIS!



## **WHAT IF WE MISS A LESSON?**

### **Our policy on make-up lessons is as follows:**

A typical swim school policy is that if you cancel a lesson, for whatever reason, that lesson is considered forfeited. However, we understand how busy life can be. Therefore should you need to miss a class, our Operations Manager is happy to slot you into another time slot provided there is a cancellation. Please message HBSA in the morning to check if your teacher has had a cancellation that you could fill

**Please note that make-up lessons are not prearranged or organised in advance!**

## **WHAT PAYMENT REFERENCE MUST I USE?**

YOUR CHILD/REN'S NAME AND SURNAME (N.B. \*This ensures the accurate capture of your payments\*)

## **WHAT IS YOUR TERMINATION POLICY?**

Should the time come to stop swimming lessons, for whichever reason, we require at least 1 month's notice! This needs to be in the form of an email or Whatsapp to [info@houtbayswimmingacademy.com](mailto:info@houtbayswimmingacademy.com) or 083 987 6899.

# What to bring

Checklist below!

- A costume, towel and something warm, like a gown, for the person accompanying baby in their lesson.

- Swimming Nappy – THIS IS NOT NEGOTIABLE. Even if baby is fully potty trained, it is of utmost importance to ensure faecal spills do not occur in the swimming pool. This is dangerous and costly and is 100% preventable using a swimming nappy. We have amazing reusable and machine washable swimming nappies for sale at the pool – please select your size and make payment at reception.

- A full costume and towel for baby.

- Warm clothes and a hat/hoody to keep baby warm after swimming.

- Swimming is excellent exercise, so be sure to bring a small snack for hungry baby afterwards.



**Yours in swimming, Wendy & the HBSA Team**

[www.houtbayswimmingacademy.com](http://www.houtbayswimmingacademy.com)