



Baby swimming -info

City of Oulu, Sports Services

Updated 2020

OULU

Oulu Capital
of Northern
Scandinavia 

Main goals of baby swimming lessons

The main goals are to:

- offer fun playtime for your family
- provide healthy activities and a gateway to an active lifestyle
- promote social interaction between families
- acquaint your child with water
- satisfy your child's needs to exercise
- promote swimming ability and water safety
- support rehabilitation and the parents of children with disabilities

General instructions

- satisfy your child's basic needs (food, sleeping)
- pay the adult's swimming fee
- wash carefully with soap / don't wash the baby
- Come to the pool on time, do not exceed the swimming time
- Abide by all pool rules
- roll call / fill in a data sheet at the pool before going in
- Use the "baby sauna" (sauna number 3) **after the swim**
- see baby swimming news from our webpage
www.ouka.fi/oulu/liikunta-ja-ulkoilu/vauvauinnit

**Please,
note that
there
might be
OTHER
EVENTS IN
RAKSILA**

At the changing room

- The group changing room 1 are for baby swimmers families
 - there is, for example, a babysitter and, in women's changing room, a microwave oven
 - However, do not leave your clothes at the group changing rooms - put them in a locker (locked with a card)
- The door between men's and women's group changing rooms is not locked. Through it, you can pass your child to the other parent in case you wish to have a wash without the baby
 - Men are not allowed to go in to the women's changing room

When going to the pool:

- bring a towel / bathrobe
- bring a swimsuit (that has a name tag on it)
- diaper is not needed (swimsuit is enough)
- remember to keep the baby swimming gear in the baby swimming pool

**Quality of the
pool water
depends on
parents' hygiene
- wash yourself
before going to
the pool !**

Remember personal hygiene

Before going to the pool, remember:

- to wash yourself
- to wet or cover your hair
- no chemical products
- no jewellery
- no make-up
- to wear proper swim attire: no shorts.

**Quality of the
pool water
depends on
parents' hygiene
- wash yourself
before going to
the pool !**

Content of the lessons:

1. Holding
2. Floating face up
3. Preliminary diving exercises
4. Submerging the baby underwater
5. Balancing exercises
6. Blowing exercises
7. Diving
 - with assistance
 - independently
8. Water safety

First swimming lesson

- Take your time and get used to the place
- Baby's age 3–6 kk / minimum weight 5 kg
- Wrap a large bath towel around your baby
- Don't bring a crying baby into the pool
- Proceed on your baby's terms
- Hold gently, maintain eye contact and do not squeeze
- See if baby opens fists
- Speak calmly and stroke baby's limbs and body gently
- Relax!

First swimming lesson is 5–15 min.

Holding baby in pool in upright position

- Hold your baby by armpits
- Don't lift your baby up from the water (get's cold)
- Support the pelvis
- Support from the soles of the feet
- Move baby up and down in the water

Holding baby in pool in tummy down position

- Give your baby freedom to move
- At first, place hand under baby's chin to support it
- Support by holding with both hands
- One-hand grip
- Keep moving all the time

Holding baby in pool baby on back

- Support using one hand (baby's ears in the water)
- Support from the back of baby's head (not from the neck)
- Maintain eye contact
- Use both hands to support your baby

Pay attention to your state of health

— *swim only when healthy*

Risks and dangers and how to prevent them:

- *skin conditions and problems*
- *infections*
- *parents' ambitiousness*
- *"poop accidents"*
- *drinking the water*
- *overreactions*



Contact info and info channels:

Our email address is [vauvainti\(at\)ouka.fi](mailto:vauvainti@ouka.fi)

Webpage (in Finnish) is www.ouka.fi/oulu/liikunta-ja-ulkoilu/vauvauinnit

- There is a notice board at the Monitoimiallas pool
- Please, when you are signing up to baby swimming lessons, put your phone number in the contact information so we can inform you directly about possible sudden changes



**Thank you for your
interest! Fun activities
await.**

OULU

Oulu Capital
of Northern
Scandinavia 