



Merry Christmas

Water Babies Push The Duck Times

December 2012



Ho Ho Ho!

Welcome to the Winter issue of our Water Babies Newsletter! We hope you will take a moment to read our latest news and some important information particularly in relation to our automatic rebooking system for the Spring term.

We had an amazing response to our Water Babies Customer Research Survey! Thank you all for taking the time to complete this survey, we really appreciate all your kind words and feedback. We are always looking for ways to improve our service and to



make your Water Babies experience even more magical!

CHRISTMAS OFFICE HOURS: We will be out of the office from Friday 21st December & will return on Wednesday 2nd January. All emails received during this time will be dealt with on our return on 2nd January.

Congratulations to Magdalena, Aidan, Suzanne and Adrienne who all won the Fish name competition on Facebook last term. Keep an eye on our Facebook page for more competitions in 2013!

We would like to take this opportunity to wish you all a very Merry Christmas and Happy New Year!

The Water Babies Team



Winter Swimming

In the colder months, what could be nicer than cuddling with your baby in a steaming hot pool as the rain drips down the windows. The main thing to consider, when taking young children swimming, is that the water temperature needs to be warm (32 degrees for babies under 12lbs or 12weeks; 30 degrees for everyone else). Also remember that the air temperature is important too, keep them at shoulder level in the water if you think that the air temperature is a little cool for them.



If you are worried about temperature, it's worth popping your child in a wetsuit as this will increase their body heat by at least one degree. If you do use one, remember to put it on at the start of the session. It's easy to take it off if your baby gets too hot, but once they start getting too cold, putting anything on them at that stage will do little to make them warmer.

What to expect

after the beginners term..

Intermediate 1: parents and babies are able to enjoy being under water together/ babies hold on unaided/ using toys develops hand-eye coordination and reaching skills/ babies learn to swim to the surface and hold on following a sudden submersion/ babies are able to undertake multiple swims underwater.

after Intermediate 1s.

Intermediate 2: parents develop glide swimming with baby/ babies are able to swim at more depth and for longer distances underwater/ babies start to develop the ability to swim to the side and secure themselves/ babies start to learn how to climb out of the water.



Like us on Facebook at www.facebook.com/waterbabiesleinster for regular news & updates

AUTOMATIC REBOOKING!

If you want to STOP....

If you wish to cancel for the Spring term please contact us by email or phone by **Friday January 4th**. Any cancellations after this date will incur a €30 cancellation charge so please please contact us if you do need to cancel.

If you want to MOVE CLASS....

If you wish to change to another day or venue please contact us by **Friday January 4th** so that we can look at the alternatives for you. If you do not we will assume that you are happy to continue in your current class.

If you want to CARRY ON....

You don't need to do anything!

We will automatically rebook you onto the next level for the same day, time & venue.

We will begin taking payment from

Monday January 7th from the card details on file.

Our **SPRING TERM** will run from:

Monday 4th February to Sunday 5th May

(The Christmas break will run from Friday 21st December and classes will resume on Friday 4th January - except St. Augustine's which resumes on Saturday 5th January)

Dressing Room Tips & Tactics

Undoubtedly the most challenging part of taking your baby swimming is getting dressed afterwards. They are likely to be cold, tired and hungry and as they get older the chances of them sitting still for any length of time so you can pull your own clothes on is small. This coupled with the fact that very few of our pools have changing rooms that can accommodate baby changing tables or travel cots adds to our difficulties. So we thought we'd give you some tips and tactics for the dressing room to help minimize the 'post-swim-getting-dressed' stress.

1. Invest in a warm snugly hooded baby towel that you can wrap up your baby - preferably one that goes over their head.
2. Lie or sit them on a padded changing mat. (I've seen some mums using halved yoga mats which work well too!). We strongly urge you to have this on the floor as topples from the benches have happened—and it happens in the blink of an eye.
3. Quickly change them into a dry nappy but leave them wrapped up in the towel with a toy to distract. Even if they do begin to crawl or explore they won't get their clothes soaked.
4. Get yourself dressed quickly, preferably in clothes that are easy to pull on.
5. Now you can concentrate on getting your baby dressed, don't forget a nice warm hat for them now that the weather is getting colder.

Changing Room Congestion

Changing for lessons can be a bit of a squeeze at times. But, there is an answer! If everyone arrives *no* earlier than 15 mins before their lesson begins, this gives the 'wet people' before a chance to dry off and vacate the changing room. The result? Only one group changing at any one time – phew!



Capture a memory...

This is Mia Good, aged 6 months, taken at the photo shoot in November.



Our next photo shoot will be held on
Sunday February 17th
in **St Michael's House, Clarehall**

Our photo shoots are a great opportunity to get a lasting memento of your little one under the water, taken by one of the UK's most experienced underwater photographers.

We've got a whole range of great products showing off our brilliant photos to their best advantage. The cost of attending the shoot is €49.99 plus the cost of your photos.

Our beginners will shortly receive an invite with our photo shoot brochure which answers many questions. The photo shoot is open to everyone on the course so if you missed it previously, or you fancy trying a family/parent & baby shot, do give us a call to book a slot.

Benefits of Baby Swimming Talks

For those of you still attending post natal groups with your public health centre or mother & baby/toddler groups, why not recommend getting us to come in and do a talk about the benefits of baby swimming?

This Month's Teacher Profile.. is Magda!!



- **How long have you been with Water Babies?** 3 years
- **What is your star sign?** Virgo
- **Where were you born?** Poland
- **Do you have any children?** 2 girls, 4 yrs & 15 mths
- **What is your favourite colour?** Purple
- **What is your favourite book?** Lord of Rings
- **Do you have any pets?** I have a dog, white German Sheppard, but she's in Poland with my mum. We decided the dog was too old to move her here.
- **Who is your Christian Grey!?** Johnny Depp
- **What is the first thing you'd do or buy if you won the lotto?** Buy a 14 meter long schooner and spend one year on the Mediterranean!
- **What is your favourite WB's skill to teach?** Carer to carer underwater swim.
- **Tell us a cute story from your WB teaching experience so far?** Rachel's mum from one of my toddlers classes told me that every time Rachel takes a bath at home, she pretends she's Magda and she gives her dolls swimming classes.

Xmas Pressie Ideas!

Don't forget **Water Babies Gift Vouchers** are a cool pressie idea for friends or family or perhaps drop some big hints yourself for gift vouchers to go towards classes, toys, wetsuits or photos of your little one!!



Pool Closures

From time to time and sometimes at very short notice we have to cancel a class or close a pool. We do understand that this can be inconvenient but we always put Health & Safety first and therefore really appreciate your understanding.

Tel : 01 8249987

Email: pushtheduck@waterbabies.ie

Unit 12 The Plaza, Main Street, Blanchardstown, Dublin 15

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babies®