

baby bubble

Baby Spa & Swim Gym™





ABOUT US

Baby Bubble was started by Tindall who is a mom and a qualified Biokineticist. She completed her Masters Degree in Adapted Physical Activity in Belgium & Norway. She is a qualified IAIM (International Association of Infant Massage) Instructor, Baby Reflex Instructor and has done a Baby & Toddler Swimming course through the Professional Association of Baby Swimming. She is a part-time lecturer at the University of Pretoria, Department of Physiology, Faculty of Health Sciences.

We believe in a nurturing, loving approach. Babies are natural swimmers and the philosophy is that if a happy and secure environment is created, learning to swim is accomplished more quickly and easily. Skills will be introduced gradually and never be forced on crying babies. Games & singing are common diversions used to gain confidence and reinforce new skills. Skills will be learnt as your baby's motor skills (physical abilities) progresses through sufficient of repetition.





BABY SWIM GYM OVERVIEW

This programme is suitable for babies 6 months to 2+ years of age. It consists of both baby swimming and swim safety components.

The 8 basic skills which we will be covering include:

1. Stomach Position
2. Back Position
3. Kicking
4. Arm Pulling
5. Submerging
6. Swimming
7. Rolling Over
8. Breath Control

Upon completion of the programme your baby will meet the following criteria:

- General contentment and participation in the pool
- Comfortable & able to floating on their backs (water safety)
- Comfortable with supine position – chin close to the water
- Understands the concept of kicking including flutter kicks
- Retrieves an object from the step
- Happy to submerge with/without assistance
- Understands turn-around to the side of the pool (water safety)
- Monkey-bars back to the step (swim safety)
- Understands the step is the point of safety (swim safety)
- Happily, enters the pool with submersion
- Able to exit the pool (swim safety)
- Can glide (swim) a short distance unassisted in the pool

It is a 1-on-1 instructor-led programme which means that you do not need to get into the water. Sessions are an intensive 20 minutes occurring in our hygienically clean, temperature controlled hydro room.

R460 ORIENTATION/SINGLE PRIVATE SESSION

We highly recommend a package as all the objectives can only be met with regular sessions. However, if you would like to first get a 'feel' for Baby Swim Gym or you want to try a new activity with your little one as an excursion for the day, then this could be the option for you.

Take cognizance of the fact that it does commonly take a few sessions for the munchkins to get comfortable. They are much more aware of their surroundings & new people, compared to when they were little babies. For this reason, the orientation session is mainly guided free play with the instructor, along with a handful of structured activities, serving only as an introduction to the setting & skills to come. **It is an opportunity for us to build trust with your sweet pea & set a good foundation from which swimming skills can be learnt.**

Guided Free Play activities will focus on:

- opportunities to encourage social development
- hand-eye co-ordination
- language development
- exploration
- getting a sense of buoyancy changes in the water
- fine motor skills
- building water confidence

Sessions are 20 minutes in duration. Please arrive 15 minutes before the scheduled time to dress and prepare butter cheeks for the session.

We supply:

- Swim Towels
- Swim Diapers

Kindly bring along your preferred costume for your little swimmer.

BOOK AT YOUR LEISURE



R1179 STARTER PACK - SAVE 15%

Due to the fact that little ones are much more aware of people & their surroundings after 6 months, & the higher likelihood of separation anxiety, we highly recommend a starter pack!

Typically it would take us 3 sessions to get your little swimmer secure with the new surroundings, the water & to gain trust in the instructor.

The starter pack consists of 3 **PRIVATE** sessions which are valid for 3 weeks only, **HOWEVER, ideally, these sessions should be spaced as close together as possible to achieve the desired goals** (i.e. 2 - 3 sessions in 1 week).

We will start with free play & few structured, developmentally appropriate activities in between (*see *single/orientation Session for an overview of the objectives*). As your pumpkin gains trust in us & in the process, we will gradually progress onto the more formal Baby Swim Gym programme.

The objective is that your little swimmer comfortably participates in the Baby Swim Gym water safety & swimming activities, by the end of the starter pack.

As a value-add, if you would then like to continue onto the membership. Your first session will be free of charge*

www.babybubble.co.za

Price List

BOOK AT YOUR LEISURE

*Upon completion of registration forms; the remainder of that specific months sessions will be on a prorata basis; membership fees are non-refundable; membership needs to be taken within 2 weeks of completion of the starter pack for ree session to apply..



R1299 VIP MONTHLY MEMBERSHIP - SAVE UP TO 56%

The VIP monthly membership consists of weekly **PRIVATE** sessions at a set time slot (specified upon registration) payable before the first lesson of every new month.

For little ones 6 months - 2+ years of age.

If you had to be joining in the middle of the month, a pro-rata fee will be calculated. Re-scheduling is unfortunately not an option in this case & it follows the standard swim school payment model.

The following is included:

- Swim Diapers
- Towels
- 20minute 1-on-1 weekly sessions at an allocated timeslot

A deposit of 50% of a full month's fees is payable during the first month's membership. This amount will serve as 50% payment for the notice month when your child concludes his/her lessons at Baby Bubble.

A registration fee is payable of R230. The registration fee is not repeated annually as long as the child remains registered in the programme.

VIP SWIM GYM MEMBERSHIP

**Please refer to the registration form with conditions relating to holidays, make-up sessions etc.



R749 DOUBLE SESSIONS
MONTHLY MEMBERSHIP - SAVE UP TO 68%

Same Ts & Cs as the membership however the sessions are **shared with another friend.**

Suitable for little ones 16 months and up.

If your sweet pea is between 6 - 16 months we recommend starting with the VIP Membership, once he/she is able to sit comfortably on the step & understand that they must stay on the step

Only valid towards sessions on **Monday - Thursday at allocated slots.**

The following is included:

- Swim Diapers
- Towels
- 20minute weekly sessions at an allocated timeslot

A deposit of 50% of a full month's fees is payable during the first month's membership. This amount will serve as 50% payment for the notice month when your child concludes his/her lessons at Baby Bubble.

A registration fee is payable of R230. The registration fee is not repeated annually as long as the child remains registered in the programme.

**JUST
LAUNCHED!**

**SWIM GYM
MEMBERSHIP
DOUBLE
SESSIONS**



BABY SWIM GYM PRICE-LIST OVERVIEW

Options	Investment	SAVE!	Rescheduling Policy	Private/Shared	Complimentary
Single/Trial	R460	-	Yes, within 24hrs	1-on-1	
Starter Pack	R1169	15%	Yes, within 24hrs	1-on-1	Swim Diaper
VIP Monthly Membership	R1299	Up to 40%	No, set timeslot	1-on-1	Towel use provided for all sessions
Double Session Monthly Membership	R749	Up to 68%	No, set timeslot	2-on-1	



Important Things to Take Note of:

All payments are made in advance to secure timeslot/s upon confirmation of booking/s.

Please arrive 15 minutes prior to your allocated time-slot for feeding/waking/changing so that your munchkin can get into the pool immediately upon start of their timeslot.

We will only be able to complete the time that remains with late arrivals as this will have a knock-on effect and delay the little swimmers in the lessons to follow. Please be aware that if no time remains, the session will strictly be forfeited with a late arrival.

Refer to our website for Ts & Cs including our cancellation policy.