



MyFirstSwim Academy FAQ's

What can I do to prepare my child for myfirstswim academy and support their progression during their course?

Bath time is a great time to get your child used to the water. Singing songs and playing games in the bath with toys will help your child to embrace the water and make the idea of being in the water fun. We also recommend bringing your child swimming outside of their lesson; the more exposure they have to the water the quicker their confidence will grow.

What do I do with my buggy?

There is a small dedicated buggy park located within the family changing village. There is also a large buggy park located just outside of the changing village next to Under the Sea Soft Play area which can be used as an overflow. Pram locks can be hired from reception for £5, which is fully refundable once returned.

How long is the course and lesson duration?

Courses are 10 weeks and the lesson is 30 minutes long. Adults and children will be asked to start vacating the pool 5 minutes before the end of the lesson and will be encouraged to ask the academy team questions and feedback. The adult and child can then go directly into the interactive toddler pool for a further 30 minutes of water fun.

Is myfirstswim academy suitable for my child who has a disability?

Yes, absolutely. Just make us aware if you have any specific requirements at the time of enrolment.

Do adults need to be able to swim?

No. The pool that myfirstswim academy is ran in is delivered in shallow enough water for adults to stand up in.

Can I bring my child's sibling with me?

The lessons are based on one adult to one child. We offer a crèche facility on weekday mornings between 9.30am – 11.30am. You can book any pre-school siblings into the crèche whilst you and your child are attending myfirstswim academy. If you want to complete your lesson with some water fun for all of the family, our crèche team can arrange to bring your child to poolside changed into their swim wear.

Where do we get changed?

Our family changing village is located in reception. There are a number of changing cubicles with baby change facilities including changing tables and nappy bins.

What should my child wear?

For babies and toddlers that are not potty trained, a swim nappy should be worn. In addition, a swim costume or baby wetsuit would also be recommended.

Flotation Aids?

Any flotation aids that might be needed will be provided by the Dolphin Centre. Should you wish to use your own, this is fine and there is also a range available to purchase from the retail shop based at reception.

Can my baby swim if they are ill?

Our guidance would always be to keep children at home if they are or have been ill in the last 24 hours and in particular when they have experienced Diarrhoea.

Can my child swim if they have just eaten?

Ideally you want to give your food some time to settle and digest. Ideally we would recommend that a minimum of an hour is given before swimming but appreciate this is not as easy as it sounds with little ones.

Are there any on-site bottle warming and microwave facilities to warm milk/baby food?

Yes, both are available within the Bistro on the first floor. There is also a range of baby and young people's menu option.

What is the next step in water education after myfirstswim academy?

The pathway from myfirstswim academy would be directly into the Learn to Swim scheme. This scheme is aimed at children aged 3+. The Learn to Swim scheme runs 7 days a week and is endorsed by the ASA. The Learn to Swim pathway has 10 different stages that the children can work towards.