







WELCOME TO ARMADALE FITNESS AND AQUATIC CENTRE'S ACTIVE BUBS



THE WATER BABY AND SMARTY PANTS

Arlo is our Fun-loving Swim School Mascot. Arlo loves hanging by the pool and when he's not at the pools he's watching reruns of Thorpedo's gold medal performance at the Olympics. When he grows up, his dream is to swim for Australia!

He spends his days diving into the deep end of life and is ready to share his top swimming tips.

BENEFITS OF BABY SWIM



- Promotes water safety and awareness
- Aids in the development of motor and cognitive skills
- Builds social connections and skills
- Offers a safe space to explore movements
- Aids muscle, heart and lung development
- Improves balance and coordination
- Teaches the fundamentals of water safety
- Creates safer, stronger swimmers







ARLO'S TOP TIP



When can I enrol?

Our Active Bubs program educates infants and preschoolers aged between 3 months and 3 years old. There are no prerequisite skills required in these levels - this agebased program is designed to grow with your baby through each of their developmental milestones.



What can I expect?

The magic of our Active Bubs program is in our playbased learning. By using interactive equipment, activities and nursery rhymes, we keep our classes engaging and educational, ensuring that each student has fun while they learn.



When will my Active Bub submerge?

We educate parents and carers on how to cue and recognise when their child is ready for submersion. By having a strong focus on each child having the opportunity to learn at their own pace, we create safe and confident learners.



Does my Active Bub need to wear a swim nappy?

Swim nappies are essential - we recommend Huggies Little Swimmers. If you forget to bring a swim nappy, they are available to purchase from reception. Our lovely Customer Service team will be happy to assist you before your lesson.







Enrolments are simple and can be done online or in the centre. Once enrolled, we recommend coming in at least 15 minutes early to your first lesson, so you have time to collect your membership cards from our Sales and Memberships team and make your way down to our program. pool.



What do Swim School memberships include?

Each Swim School membership includes free access to the aquatic facilities 7 days a week for both the enrolled child and their accompanying adult. Introducing your child to different bodies of water is a great way to support their learning and we encourage use of the facilities outside of their lesson times.



Where can we practice outside of our lesson times?

Our program pool is reserved for lesson times only. Our leisure pool is heated all year round if you would like to continue swimming after your lesson. Exploring the different bodies of water within the centre builds confident and strong swimmers.



What is your Watch Around Water policy?

We are a Watch Around Water facility. This means the watch around water rules apply to all areas within the centre, including the program pool. Children under 5 years old are required to always be within arm's reach, and children under 11 must be supervised at all times.



















PROGRAM OVERVIEW AND LEVELS



Our Active Bubs program is designed to grow with your child through each of their developmental milestones, creating a safe and nurturing introduction to swimming with a focus on water familiarisation, safety and fun.

Active Bubs Playgroup: 3 - 6 months

Active Bubs 1: 6 - 12 months old

Active Bubs 2: 12 - 18 months old

Active Bubs 3: 18 months - 2 years old

Active Bubs 4: 2 years - 2 years 10 months old







Our Active Bubs program is your time each week to slow down, enjoy the 1:1 bonding experience, and have fun!

Your Active Bubs Instructor holds their qualification in Infant and Pre-School Aquatics and they are ready to help you and your child discover the magic of Swim School.









If you have any questions, please visit our website or ask one of our friendly Customer Service team.



Contact Us

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