

Nurture their physical and emotional development

Exercise in the water is one of the best activities for your baby's strength, flexibility, coordination, heart and lung development – to name a few! On top of that, it's brilliant for their general brain development and mental wellbeing. This 'double-focus' is key to giving them the best start in life.

"Evan has been swimming with Water Babies since he was eight weeks and he absolutely loves it! His confidence in the water already at 11 months is fantastic, the classes are so much fun – can't recommend them enough!"
Ali, mum to Evan

It's never too early to start...

We teach babies from birth. Can you believe our youngest was just one day old? Our leading swim programme has been developed to build water skills and confidence throughout their first five years. You'll love nothing more than seeing their progression as they move from fun floating, kicking and splashing to swimming independently.

Join the world's leading baby swim school

We teach over 52,000 babies every week in over 600 warm water and hydrotherapy pools across the world. Carers in the UK, Ireland, Canada, USA and China (to name a few), trust in our multi award-winning swim programme taught by the best baby swimming teachers ever. That's just the Water Babies way.

Together, let's give your baby the best start in life!

...are you ready?

Because we're ready

Where we swim:

- Nuffield Health Club, Stoke Poges Slough

**water
babies**
learn for life®

Confidence starts in the water

Your child is at the heart
of everything we do.
When you're ready, we're ready.

01256 844926

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waterbabies.co.uk

Find us on:

facebook [Facebook Name](#)

Instagram [@Instagram Handle](#)



Build your child's confidence

We'll be there at every breath, kick and stroke of the way to help grow and nurture your child's abilities. And what's more, water confidence has also been proven to build life confidence in general. We tailor our programme specifically to your little one's needs to make sure they'll be swimming by themselves in no time. Our lessons will get even the most stubborn 'bath-screamers' loving the water – at a pace that suits them.

**"Absolutely incredible – worth every penny!
Feels so lovely being in the water with Alice
and shown what to do to encourage her.
Cannot praise them enough!"**
Katie, mum to Alice

Strengthen the bond between you and your child

Time with your baby is precious. And giving them 100% of your undivided attention can sometimes feel impossible! We put the focus back on you and your little one, giving you a break from the craziness of life. So you can bond in the warmth of the water together, skin-to-skin.

Develop essential water safety skills

We teach you and your baby essential safety skills from the get-go. In our supportive, stress-free environment, you'll both learn the vital basics of water safety. These life-saving behaviours then become an unconscious part of us. Just knowing that your child has the knowledge and ability to keep themselves safe around water is worth more than anything.

Become part of our family

They say you can't choose your family...or can you? We're more than just a baby swimming school, we're a passionate community devoted to the wellbeing of our children and their carers. We laugh together, share in each other's achievements and support each other when things can get a little too much. We're here to make your world a brighter place, filled with heart-warming memories you'll treasure forever.

Learn from some of the best trained teachers around

We know it's a pretty impressive statement, but that's because our teachers are just that. Impressive. They're the only ones who can hold the Swim England Level 3 qualification, one of the highest qualifications that can be achieved. They're dedicated, warm, passionate and understanding; ready to guide you through that initial uncertainty of taking your baby swimming for the first time. It can be daunting! But, let us give you the confidence to really enjoy time with them in the water.

