



# FAMILY WATER COMPETENCE CAMP

**For kids aged 3-5 and a parent  
27th-28th July  
or  
3rd-4th August 2026.**

For more information please  
send an email to [groups@clublasanta.com](mailto:groups@clublasanta.com)





## Programme

### Day 1: Water Confidence and Exploration

**14:00 – 16:00, Leisure and Children's Pool (look for the flag)**

- Welcome circle and safety introduction
- Gentle water entry and exit practice
- Splash and balance games in shallow water
- Floating with support (noodles & mats)
- Underwater bubble blowing & face in water
- Parent-child movement games
- Mini obstacle course: walk, glide, float
- Calm floating and relaxation

### Day 2: Movement and Self-Saving + Basics

**14:00 – 16:00, Leisure and Children's Pool (look for the flag)**

- Warm-up: water games
- Turning and orientation in water
- Jumping safely from pool edge (with parent)
- Floating on front and back with assistance
- Paddling and gliding games
- Treasure hunt underwater
- Parent skills: how to support safely
- Final fun challenge course & certificate moment

For more information go to Sports Booking or send an email to [groups@clublasanta.com](mailto:groups@clublasanta.com)