



KIDS WATER COMPETENCE CAMP

**For kids aged 6-9 year
Monday 27th Of July - Wednesday 29th of July
or Monday 3rd Of August - Wednesday 5th of August**

For more information please
send an email to groups@clublasanta.com





Day 1: Water Trust and Floating

09:30 – 12:00, North Pool (look for the flag)

- Welcome & water safety rules
- Safe entries: slide, step, jump
- Breath control games
- Floating front & back
- Starfish float challenge
- Noodle balance games
- Water confidence relay
- Fun dive toy hunt

Day 2: Movement and Stability

09:30 – 12:00, North Pool (look for the flag)

- Warm-up: splash tag
- Gliding and streamline body position
- Kicking & basic propulsion
- Rolling from front to back
- Treading water introduction
- Stability games in deep & shallow water
- Mini rescue: reach & assist
- Team water obstacle course

For more information go to Sports Booking or send an email to groups@clublasanta.com



Day 3: Self-Saving activities and Fun Challenges

09:30 – 12:00, North Pool (look for the flag)

- Jump and recover safely
- Swim to safety practice
- Float-rest-float sequence
- Climbing out of pool safely
- Introduction to open water awareness
- Water fitness games
- Team challenge: self-saving ladder™ circuit
- Final water competence challenge + certificates

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