

The Aqua Sensory Program

3 Courses in 1

A combined course to elevate your professional knowledge

Discover the joy of sensory discovery & developmental play in water

A whole child and mindful approach to learning to swim

Inspiration and training for swim professionals

Develop • learn • explore

A New Approach

Aqua Sensory is a unique programme, which provides children with a rich mixture of sensory exploration and early developmental opportunities. It combines traditional dry land activities like music, massage, signing, discovery play and movement into a natural multi-sensory environment, the swimming pool.

Upskill your teacher toolkit and make your classes the best experiences for your swim families through our Aqua Sensory courses.

Aqua Sensory is not a brand or licence, so you can adapt our ideas and inspirations to suit you.

You will enjoy many downloads to share with your swim families, to make the connection between all the benefits of sensory discovery and developmental play in water.



"The course opened my eyes to how the water can bring us together, how it can give the experience of 'less is more'! The sensation of the water gives so much more than I realised before."

- CELINA VERHUST - COREQUI (BELIGUM)



"Aqua Sensory has been an amazing resource that has changed my swim teaching and swim school for the better. The way I teach is more relaxed and I enjoy it a lot more. My swimmers and parents are happier in the pool too! The support is amazing - it is like a second family."

- SAFFRON ELISE ROBERTS, BUBBLES 'N' SPLASHES SWIM SCHOOL

Aqua Sensory in Practice

This course is supported by a full colour 50-page study guide, parent videos and downloads to share. Once completed you will become Aqua Sensory: Sensory Aware. You will have an understanding into the benefits of the Aqua Sensory program and how to implement the ethos into your classes. You will understand a whole child developmental approach, why sensory based learning is important, how to support sensory development and how to provide the best nurturing environments.

Module 1

In this module you will learn all about our principles at Aqua Sensory, what it means to be truly child-centred, the art of observation and reflective practice. This module provides also two audios, 2 videos and 3 supporting downloads.

Module 2

In this module we take you through a snapshot of the senses by Rachel Gatland, Paediatric Occupation Therapist with a special download of the Pyramid of Learning. In our masterclass we take you through how to support the senses and their important implications to baby and early years swimming. This module provides information on Aqua Sensory layers, making sense of sensory and further research and reading links and sources. Together with videos to share with your swim families.

Module 3

This module covers our unique program and framework, how to build successful lessons and how to create sensory layers. It is supported with a series of six extra downloads that provides additional information of child-development, the EYFS vs swim milestones, along with a packed 34 Ideas and Inspirations program guide for your classes. Enjoy too our Aqua Sensory songs audios.



Aqua Sensory Baby

Aqua Sensory BABY creates new connections by providing sensory discovery play in water, in the right way, at the right time. Enjoy learning about sensory preferences, supporting baby's unique and developing personalities and how we can model and support our babies' sensory worlds. This course provides little snippets of neuroscience, to provide the why behind our activities.

Module 1

In this module we discuss baby sensory development and the important implications to swimming. Together we look at what are the important ingredients baby needs in the pool to receive the most optimum sensory experience. This module is supported by six extra brain science and baby sensory development links. Together with an expert insight in the Psychology of Baby Swimming by Dr Marianne Trent.

Module 2

In this module we put the theory into practice, through our programs. We are setting our babies up for success in the pool, through their eyes, we are truly baby led. Enjoy our holds and moves to calm, connect, and stimulate baby. Matching your sessions to their moods and rhythms. Learn all about baby behaviour and cues. Enjoy class video snippets, five extra supporting links and a lesson plan guide.



Why Aqua Sensory?

The environment is so important for the sensitive developing brain, here at Aqua Sensory we provide sensory rich experiences in a playful and meaningful way.

Words our Aqua Sensory Professionals use once completed this course:

- “Empowered”** - Emma Holden, Willow Babies Swim
- “Passionate”** - Cat Margrie; Rubber Ducks Swim School
- “Refreshed”** - Emmaline Kitson, Aqualight Babies

Aqua Sensory Toddler

Time for a new perspective that sees toddlers as terrific.

Our little people are not always understood, they have B-I-G feelings in the pool or sometimes ping pong with their progression. Our Aqua Sensory Toddler program crosses all the brain domains. A whole child approach in every way.

Module 1

In this module we discuss toddler development and the important implications to swimming. Together we look at what are the important ingredients our toddlers need to become happy little swimmers. Our Aqua Sensory TODDLER program covers the stages between 1 and 3 years. It's time to reframe our teaching, from labels such as 'terrible toddlers' to 'terrific toddlers.' This module is supported with our research into attachment and how to be attuned by experts in their fields, with an interview by early years health and wellbeing expert: Sonia Mainstone Cotton. Together we have written a practical reframing language guide to support our toddlers social-emotional development.

Module 2

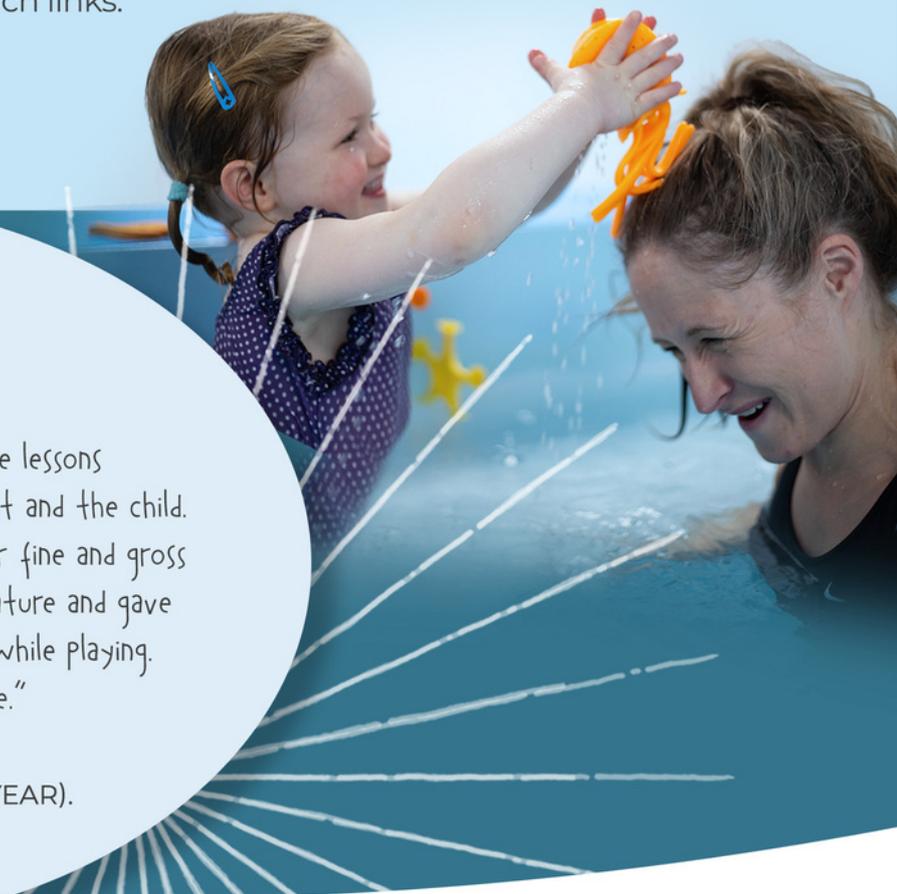
In this module we put the theory into practice, through our programs. Enjoy our activities that all the brain domains: social-emotional, communication and language, cognitive and physical. This module contains snippets of a class in action, a lesson plan guide and useful reading and research links.



What Parents Say:

"I attended Aqua Sensory with my son. The lessons concentrated on calming techniques for the parent and the child. Activities follow their interests and develop their fine and gross motor skills. It tapped into their explorative nature and gave them the environment to feel free and learn while playing. My son enjoyed each lesson and theme."

- BHIRAVI SHAH, MUM TO TARAN (1 YEAR).



Together we make a difference

We are on a mission and vision to spread the love of sensory discovery play in water.
Come and Join us!

We developed the Aqua Sensory Program in 2013 to share with other swim professionals, to provide a new perspective on learning to swim.

All our courses provide access to Aqua Sensory Professionals, our unique support and mentoring group.

Each week we provide updates on what we are up to in our lessons, we provide support if you are having any individual challenges. We help guide your programs, provide access to top up resources. Each month there are free additional master classes on our favourite topics. All designed to become a safe and supporting space, a group of like-minded professionals.

Along with all the materials you will enjoy parent marketing guides and images, so you can promote your classes using the principles of Aqua Sensory. It's not simply just a course to tick off your list! Aqua Sensory is a way of teaching, you will embody a whole new style and approach.



Included in our workshops

- ✓ Program theory
Sensory and developmental
- ✓ Ongoing mentoring and support
- ✓ Connection and community through
Aqua Sensory Professionals
- ✓ Lesson plans, parent fact sheets
Interviews with experts in their fields
- ✓ Business and marketing support



Christian and Jo have over 30 years of swim, business and sensory knowledge and they run our own two busy family swim centres (Swim Works) teaching over 2000 children in Warwickshire. Jo is proud to be a tutor of the Swimming Teachers Association and a Developmental Play Practitioner.

To bring sprinkles of science behind the how and why, they collaborate with experts in their fields, Psychologists, Occupational Therapists, Speech and Language, Early Years Practitioners, Attachment specialists, to name a few.

Aqua Sensory has now become a leading international baby sensory swim program, training over 1000 swim professionals world-wide. We are partners of the STA (Swimming Teachers Association) and ASSA (Australian Swim Schools Association). All our courses are approved by the IICT, International Institute of Complimentary Therapists.



What Industry Experts Say:

"This is going to give families a head start in life! A wonderful learning and developmental experience for both children and parents! This is taking baby and toddler swimming to a new level."

-ULRIKA FEARCH, AUTHOR OF HAPPY BABIES SWIM.



What Swim Professionals Say

"I enjoyed the whole course; I loved the sign of the week. 100% recommended."

- BECKY MINIHAN, DOLPHIN BABIES UK

How you will access the courses

You can study online with our series of master class videos, with extra downloads to support the science and interviews with experts in their fields.

Learn anywhere in the world in your own time and own way, through our special website portal. Our courses provide everything you need to make your classes extra special with our child-development program in water. Our courses are often updated with new information and links too.



PHOTO CREDIT:
RUBBA DUCKIES SWIM SCHOOL UK

Team training

If you and your team would like Aqua Sensory training, do get in touch as we can arrange online training or face to face workshops at your pool.

See you soon!



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www.aquasensory.com