



# The Swim Confidence Guide

Simple ideas, small games, and  
calm confidence – **for every age,  
every splash, every stage.**

**getsetswim**

From splash to skill, **without the struggle.**



“Confidence doesn’t come from pushing harder. It comes from feeling safe enough to try.”

Hi, I’m Claire, founder of **getsetswim**

For over 25 years, I’ve been dedicated to building incredible swim school businesses, helping children (and parents) feel at ease in the water and creating an experience that’s calm and welcoming.

What began as a few small classes has grown into a community of over 8,000 families learning to swim with calm and confidence.

We believe swimming should be something children look forward to – and parents don’t have to dread. That’s why we keep it simple: warm pools in beautiful, clean spaces, small groups, expert coaches, and lessons built on fun and care, not pressure.

When a child can swim 25 metres, it’s more than a skill: it’s freedom, safety, and self-belief that lasts a lifetime.

So, if you’re not yet ready to dive in with us, here are my top tips to help you get started whatever age your child is...

\* yes, we used to be known as **GetSet  Go!**



# Kids love the splash. Parents love the calm.

At **getsetswim**, we do things differently.

We teach swimming with fun, care and confidence, turning early splashes into lifelong skills.



## Small classes (4:1, 2:1 or 1:1)

So every child feels seen and supported.



## Warm, private pools with beautiful facilities

A clean, calm environment for real learning (and where parents can unwind too).



## Expert coaches

Gentle guidance, never pressure.



## Proven results

Thousands of confident swimmers (and relaxed parents) later.

Because when children feel comfortable, they learn faster.

**And when parents can relax, everyone enjoys the journey.**

Find a  
lesson  
near you





## FIVE WAYS TO BUILD WATER CONFIDENCE (FOR EVERY AGE)



### Little habits, big difference

1

#### **Keep it light.**

Laughter beats lectures! If it's fun, they'll keep trying.

2

#### **Stay calm.**

Children mirror what they see. When you breathe, they breathe.

3

#### **End on a high.**

Always finish with a smile, not a shiver.

4

#### **Play, don't push.**

Confidence grows through joy, not pressure.

5

#### **Celebrate effort.**

Every splash counts — especially the small ones.

# Tiny splashes, big feelings.

Being in the water is a beautiful **sensory adventure** for your baby – warm, soothing, and full of discovery.

Every movement builds trust, balance and awareness. You're not teaching strokes yet, you're teaching **comfort**.

- Hold baby close so they see your face.
- Let them feel the water – hands, feet, shoulders, cheeks.
- Sing, smile, and sway – that rhythm becomes their confidence.
- Don't worry if they're unsure, your calm is their cue.

## Parent note:

You can't rush confidence but you can create it, **one calm moment at a time**.

## Try this:

### Bubble Magic

Blow bubbles and let baby watch. Before long, they'll try copying you.

### Rain Game

Use a cup to pour gentle sprinkles of water over toes, tummy and face.

# Little explorers on a big adventure



Toddlers thrive on repetition and play. Turn both into your **swimming rhythm**.

Make it familiar, make it fun, and let curiosity lead the way.

- Bring their favourite toy to the pool – familiar means safe.
- Count down “1, 2, 3, splash!” to make dipping exciting.
- Let them move at their pace – confidence grows through curiosity.

## Remember:

If they leave smiling, they've already **succeeded**.

## Game:

### Treasure Time

Drop a toy that floats and help them “rescue” it together.

# Small kicks, big progress



Now it's about learning **what their body can do** in the water.

Encourage movement, bubbles, and laughter – every splash builds skill.

- Try starfish floats: arms and legs wide, tummy up.
- Blow bubbles together and make silly faces underwater.
- Keep sessions short, playful, and filled with praise.

## Parent tip:

**Notice bravery**, not perfection. That's how confidence builds.

## Game:

### Starfish Challenge!

Who can hold their star shape the longest?



### Hint:

Everyone wins



# Splash turns to skill

## They're ready to glide, float, and listen.

Our coaches turn practice into play, because play is how children learn best.

- Turn lessons into play: “Rocket races”, “Underwater explorers”, “Show me your best float!”
- Ask them to show you what they learned.
- Stay positive and steady; pressure melts progress.

### Coach's cue:

Calm breathing and relaxed movement – the **real secrets** of strong swimming.

### Game:

#### Rocket Launch:

Push off from the wall and glide as far as you can. Smooth, not speedy.



# Strength, skill, and **self-belief**

Now swimming becomes something they own: **a skill, a sport, a source of pride.**

- Let them set small goals: “I’ll swim two lengths without stopping.”
- Focus on steady breathing, not racing.
- Remind them that effort matters more than medals.

## Parent tip:

Remember, the goal isn’t distance, it’s **building confidence** that lasts for life.

## Activity:

### Confidence Quest

Tick off what you achieved this week:

- ✓ Tried a new stroke
- ✓ Stayed calm underwater
- ✓ Helped a younger swimmer
- ✓ Smiled all lesson



## Because play is the best teacher

Some water game ideas for all the family:



### Wave Makers

Who can make the calmest ripple?



### Follow the Leader

Take turns leading gentle dips and kicks.



### I-Spy Splash

"I spy something blue that bubbles too!"



### Calm Count

Three slow breaths after every swim to end with calm.

## Grab your crayons and make **your own splash!**

Because creativity builds confidence, too.



## Before you dip in...

-  Towel and cosy robe
-  Swim nappy or goggles (age-dependent)
-  Favourite water toy
-  Snack for after (they'll be hungry!)
-  Patience, smiles, and lots of praise

Children's swimming should feel easy –  
**warm pools, calm spaces, friendly faces.**



**Scan the QR Code to book a trial,**  
or join the waitlist for early access  
booking to our Fulham and South  
Kensington clubs in Spring 2026.

Kids love  
**the splash.**  
Parents love  
**the calm.**



**getsetswim**

From splash to skill,  
**without the struggle.**

@getsetswim  
**get-set-go.com**

Fulham | South Kensington | Putney | Knightsbridge | Golders Green