

## Plask och Lek 1

Plask & Lek 1 is a group for beginners between 3-5 years old. If the child has participated in Miniplask 1 or 2 and still is not entirely comfortable with submerging their head under water, this is the right group for them.

The child will be bathing in a group with instructors, without parents at Högevallsbadet. At Habogård the pool is 125cm deep and therefore a parent will join in the water.

The course is about getting to know the water and a lot of play, a way of becoming really good friends with the water without losing respect for it. Play-exercises are meant to ease development in swimming. There are moments in the playing that are important movements for later development of their swimming.

Golas for badges during this course: Baddaren blå and grön

We swim at Högevall in Kombi- and Undervisningsbassängen. Water temperature is ca 32 degrees celsius. **We also have Plask & lek 1 and 2 at Habogård in Lomma which has a water temperature of 34 degrees, remember that the child bathes with a parent here!**

## Plask och lek 2

Plask & lek 2 is a continuation for 3-5 year olds. If the child has participated in Miniplask 1 and 2, or Plask och lek 1 and is comfortable in the water, this means that they are comfortable with submerging their head in the water and splashing and playing then this is the right group. Even children who have not participated in any of the earlier mentioned groups can sign up for this one provided they are comfortable in the water. The child will be bathing in a group with an instructor, without parents at Högevallsbadet. At Habogård the pool is 125cm deep and therefore a parent will join in the water.

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