



About BabyWaves

BabyWaves was launched in Summer 2008, by Cheryl Markey and Angie Price; two Barnsley mums who trained to teach baby swimming after seeing the benefits to their own children.

BabyWaves runs classes set by the Swimming Teachers' Association (STA) Starfish curriculum at the Hideaway Spa in Staincross, Barnsley. They currently have 7 classes with 45 children signed up and making waves.

Parents and babies aged 3 months to 3 years can enjoy the natural benefits of swimming in a fun, safe environment.

Swimming can enhance a baby's physical and emotional development while nurturing an awareness of safety in the water which will stay with them for a lifetime.

Babies are born with a natural ability to hold their breath in water so they can swim short distances under water from an early age. BabyWaves, classes help to build the confidence to move through the water, at first in their carer's arms, and then on their own, through a stimulating programme of learning and play.

Water allows babies to move independently long before they are able to crawl and walk. Swimming encourages movement and provides an enjoyable and relaxing environment where children can improve co-ordination, strength and concentration.

For more information about BabyWaves and the benefits of baby swimming, visit our website at www.babywaves.co.uk