



IDA-TALLINNA KESKHAIGLA

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## Individual infant swimming

Infant swimming strengthens the child's skeletal and muscular system, improves joint mobility, relieves muscular tension and develops body flexibility. The water environment calms the baby and helps them relax.

In an individual swimming lesson, the baby learns how to float on water, move on their back or belly, jump into water and practise their diving reflex.

During their first session, we recommend that the baby remains in water for up to 15 minutes. Afterwards, we try to gradually increase the time in the water. For individual sessions we await babies weighing up to 7 kg.

For the baby, bring a swimming nappy and a hand towel, and for yourself, an extra shirt and bath slippers.

Duration: depending on how the child is feeling, 15–30 minutes

The service is paid.

### **Appointments can be booked:**

- ITK patient portal [iPatsient](#)
- by phone [666 1900](tel:6661900) **Mon-Fri 7:15-18:00**
- at the reception