

Priority Registration begins Mar 17 for those enrolled in the Winter 2014 Session
 Open Registration begins Mar 24 for those not enrolled in the Winter 2014 Session
Makeup Class: Week of Jun 2-7 (only for students who miss a class)
No class April 19 & May 26

Parent/Tot Classes

Encourage a lifelong love of the water and learn how to teach your child to swim!

Parent Tot is a program that teaches parents how to teach their children to swim. The program is intended for children from six months of age to 3+ years! We are excited to offer 4 progressive levels, that teach babies to swim without assistance!

All new students must begin in Level One

We have found that children between 6 months to 2 years learn breath control more easily than older children. Children who continue to practice submerging progressions without interruptions are more likely to:

1. Begin forward swimming at a young age.
2. Survive an unexpected "dip" in a body of water.
3. Enjoy underwater swimming with mommy and daddy!

A minimum of 3 students are required to run the class. You will be notified by January 5th if the class is to be cancelled due to low enrollment.

<u>Day</u>	<u>Time</u>	<u>Instructor</u>
Level 1		
Wednesday	6:00pm-6:30pm	MBeth Hicks
Levels 1 & 2		
Monday	9:00am-9:00am	Jen Guare
Saturday	8:00am-8:30am	Hilary M. Paige F.
Levels 2		
Wednesday	6:30pm-7:00pm	MBeth Hicks
Levels 3 & 4		
Tuesday	8:30am-9:00am	Jen Guare
Wednesday	7:00pm-7:30pm	MBeth Hicks
Saturday	8:30am-9:00am	Hilary M. Paige F.

(Tue, Wed.: 9 weeks)

Cost: 1 Child = \$117 2 Children = 108 ea

(Mon, Fri, Sat: 8 weeks)

Cost: 1 Child = \$104 2 Children = \$96 ea

Mon	Tues	Wed	Sat
Mar 31	Apr 1	Apr 2	Apr 5
Apr 7	Apr 8	Apr 9	Apr 12
Apr 14	Apr 15	Apr 16	Apr 26
Apr 21	Apr 22	Apr 23	May 3
Apr 28	Apr 29	Apr 30	May 10
May 5	May 6	May 7	May 17
May 12	May 13	May 14	May 24
May 19	May 20	May 21	May 31
*Jun 2	May 27	May 28	*Jun 7
	*Jun 3	*Jun 4	

Make-up week (only for students who miss a class)

- When the big day arrives, allow enough time to prepare for and enjoy swim class. Have your child wear a swim diaper with plastic pants on top to avoid any water contamination.
- Infants become over-stressed after 30 minutes in a swimming pool. Please wait on the bench until your instructor asks you to get in.
- Take care to enter the pool slowly, keeping in mind your child's comfort level and past experiences. Try to maintain eye contact with your infant and provide a secure & gentle hand to guide your baby during class.
- View new skills, like submersion, with a positive outlook. Realize that a relaxed parent, along with a smooth, continuous submersion (no jerking) will help your child accept the underwater world! If your child cries right after submersion, calmly hold him or her until it stops, give a big hug and move to the next activity.
- Do not submerge more than 2-3 times, 3 times a week, in the learning stages. With weekly practice, your baby should outgrow the need for cues and will simply hold their breath when his or her face approaches water.