

Priority Registration begins May 27th for those enrolled in the Spring 2014 Session
 Open Registration begins June 2nd for those not enrolled in the Spring 2014 Session
No Classes: July 4. Makeup Class: Week of Aug 11-16 (only for students who miss a class)

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	MaryBeth
Levels 1 & 2		
Monday	8:30am-9:00am	MaryBeth
Saturday	8:00am-8:30am	Paige
Levels 2		
Wednesday	6:30pm-7:00pm	MaryBeth
Levels 3 & 4		
Tuesday	8:30am-9:00am	MaryBeth
Wednesday	7:00pm-7:30pm	MaryBeth
Saturday	8:30am-9:00am	Paige

(All weeks: 9 weeks)

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

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

Mon	Tues	Wed	Sat
Jun 9	Jun 10	Jun 11	Jun 14
Jun 16	Jun 17	Jun 18	Jun 19
Jun 23	Jun 24	Jun 25	Jun 26
Jun 30	Jul 1	Jul 2	Jul 3
Jul 7	Jul 8	Jul 9	Jul 10
Jul 14	Jul 15	Jul 16	Jul 17
Jul 21	Jul 22	Jul 23	Jul 24
Jul 28	Jul 29	Jul 30	Jul 31
Aug 4	Aug 5	Aug 3	Aug 4
Aug 11*	Aug 12*	Aug 13*	Aug 14*

Tips for your 1st Dip

- 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.