

Priority Registration begins Sept. 26 for those enrolled in the Fall 2016 Session  
 Open Registration begins Oct. 3 for those not enrolled in the Fall 2016 Session

**No Classes: Oct. 31 PM, Nov 24 – 27. Makeup Class: Week of Dec. 16 - 22**

## 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 one week prior to the start of class if the class is to be cancelled due to low enrollment.

<u>Day</u>	<u>Time</u>	<u>Instructor</u>
<b>Levels 1 &amp; 2</b>		
Monday	9:30am-10:00am	Rebecca
Tuesday	10:00am-10:30am	Rebecca
Wednesday	6:00pm-6:30pm	Hilary & Emily
Wednesday	6:30pm-7:00pm	Hilary & Emily
Saturday	8:00am-8:30am	Hilary & Emily
<b>Levels 2 &amp; 3</b>		
Wednesday	9:30am-10:00am	Rebecca
<b>Levels 3 &amp; 4</b>		
Wednesday	7:00pm-7:30pm	Hilary & Emily
Friday	10:00am-10:30am	Rebecca
Saturday	8:30am-9:00am	Hilary & Emily

### Pricing:

<b>Mon, Tues, Wed: (8 weeks)</b>	<b>Fri, Sat: (6 weeks)</b>
1 Child = \$109.20	1 Child = \$81.90
2 Children = \$101.20ea	2 Children = \$75.90 ea

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

Mon	Tues	Wed	Fri	Sat
Oct 24	Oct 25	Oct 26	Oct 28	Oct 29
Oct. 31	Nov 1	Nov 2	Nov 4	Nov 5
Nov 7	Nov 8	Nov 9	Nov 11	Nov 12
Nov 14	Nov 15	Nov 16	Nov 18	Nov 19
Nov 21	Nov 22	Nov 23	X	X
Nov 28	Nov 29	Nov 30	Dec 2	Dec 3
Dec 5	Dec 6	Dec7	Dec 9	Dec 10
Dec 12	Dec 13	Dec 14	<b>*Dec16</b>	<b>*Dec 17</b>
<b>*Dec 19</b>	<b>*Dec 20</b>	<b>*Dec 21</b>		

### Tips for your 1<sup>st</sup> 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.