

Priority Registration begins July 22 for those enrolled in the Summer 2019 Session
 Open Registration begins August 5 for those not enrolled in the Summer 2019 Session

No Classes: Sept. 2

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 three 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 start in Beginner

We have found that children between 3 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>
Beginner/Intermediate		
Tuesday	10:00am-10:30am	Rebecca B
Wednesday	5:00pm-5:30pm	Katie
Wednesday	6:00pm-6:30pm	Hilary& Katie
Wednesday	6:30pm-7:00pm	Hilary& Katie
Thursday	10:30am-11:00am	Rebecca B
Thursday	5:00pm-5:30pm	Katie
Friday	10:00am-10:30am	Rebecca B
Saturday	8:00am-8:30am	Hilary& Claudia
Sunday	10:30am-11:00am	Brynn & Ali
Sunday	11:00am-11:30am	Brynn & Ali
Sunday	11:30am-12:00pm	Brynn & Ali

Advanced		
Monday	9:30am-10:00am	Rebecca B
Wednesday	7:00pm-7:30pm	Hilary& Katie
Saturday	8:30am-9:00am	Hilary& Claudia

Pricing:

Tuesday - Sunday: 8 weeks 1 Child = \$109.20	Monday: 7 weeks 1 Child = \$95.55
Tuesday - Sunday 8 weeks 2 Children = \$101.20 ea.	Monday: 7 weeks 2 Children = \$88.55 ea.

***All makeups must be used within the current session. Refunds will not be issued for makeup classes.**

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.