

Priority Registration begins Oct. 4 for current customers.
Open Registration begins Oct. 11 for new customers.

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.

Beginner/Intermediate

| Day | Time | Instructor |
|-----------|-----------------|------------|
| Wednesday | 9:30am-10:00am | Kate |
| Wednesday | 6:00pm-6:30pm | Hilary |
| Thursday | 10:00am-10:30am | Kate |
| Thursday | 5:00pm-5:30pm | Hilary |
| Saturday | 8:00am-8:30am | Hilary |
| Sunday | 10:30am-11:00am | Brynn |
| Sunday | 11:30am-12:00pm | Brynn |

Advanced

| Day | Time | Instructor |
|-----------|-----------------|------------|
| Wednesday | 6:30pm-7:00pm | Hilary |
| Saturday | 8:30am-9:00am | Hilary |
| Sunday | 11:00am-11:30am | Brynn |

Pricing:

Wed: (9 weeks):

1 Child = \$130.50/ 2 Child = \$120.50ea

Thurs, Sat, Sun: (8 weeks):

1 Child = \$116/ 2 Child = \$108.00ea

Drop – In \$15.50 per Class

***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.