

Priority Registration begins Nov. 21 for those enrolled in the Nov. – Dec. 2022 Session  
 Open Registration begins Dec. 5 for those not enrolled in the Nov. – Dec. 2022 Session

## 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	10:00am-10:30am	Kate
Wednesday	6:00pm-6:30pm	Hilary
Thursday	10:00am-10:30am	Kate
Friday	1:00pm – 1:30pm	Kate
Saturday	8:00am–8:30am	Hilary
Sunday	10:30-11:00am	Maggy
Sunday	11:30a-12:00p	Maggy

## Advanced

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

### Pricing:

#### All days (10 weeks):

1 Child = \$165.00/ 2 Child = \$155.00 ea

#### Drop – In \$17.50 per Class

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

## 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.