

Priority Registration begins May 15 for those enrolled in the Spring 2023 Session  
Open Registration begins May 22 for those not enrolled in the Spring 2023 Session

**No Classes: July 4**

## 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 | 6:00pm-6:30pm   | Nicole     |
| Wednesday | 6:30pm-7:00pm   | Nicole     |
| Thursday  | 10:00am-10:30am | Nicole     |
| Saturday  | 8:00am-8:30am   | Hilary     |
| Sunday    | 10:30-11:00am   | Nicole     |
| Sunday    | 11:30a-12:00p   | Nicole     |

## Advanced

| Day      | Time          | Instructor |
|----------|---------------|------------|
| Saturday | 8:30am-9:00am | Hilary     |
| Sunday   | 11:00-11:30am | Nicole     |

### 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.