



# Baby/Toddler Levels

## Parent Baby (4-14 months)

Skills:

- Enjoy a bonding experience
- Learn baby cues and reaction in the water
- Properly hold a baby in the water
- Overcome fear of the water
- Blow bubbles in the water
- Initiate kicks in the water
- Initiate sit dives from the wall and stairs
- Grasp wall and able to hold on to it
- Submerge with a puff and without a puff in the face
- Start to independently glide through the water
- Relax back float in the water
- Perform U-turn with help
- Wear goggles and go under the water

Goals to Move to Parent Tot:

- ★ Be at least 15 months old

## Parent Tot (15-35 months)

Skills:

- Enjoy a bonding experience
- Learn baby cues and reaction in the water
- Properly hold a toddler in the water
- Overcome fear of the water
- Blow bubbles in the water
- Kicking through the water
- Sit dives from the wall and stairs
- Reaching out to hold onto the wall
- Climbing out of the pool safely
- Gain a longer breath control
- Gliding through the water
- Relax back float in the water
- Perform U-turn with help
- Wear goggles and go under the water

Goals to Move to Adv. Parent Tot 1:

- ★ Be at least 24 months old
- ★★ Overcome fear of the water, no crying at any time
- ★★★ Glide 3-4 feet to instructor
- ★★★★ Use fins and arm floats independently

\*\* If they haven't accomplished the P/T goals by the time they are 3 years old, they will go directly to WS1

## **Adv. Parent Tot 1 (24-35 months)**

### Skills:

- Slowly work the parents out of the water
- Expand breath control
- Bubbles, nose bubbles, and kicking
- Independent swimming
- Back floating with assistance
- Dive to the bottom of the pool
- Introduction to the use of pool equipment
- **Learn to respect the water and the rules that go along with being safe in the water**

### Goals to Move to Adv. Parent Tot 2:

- ★ Be at least 30 months old
- ★★ Parent out of water
- ★★★ Able to listen & wait turn
- ★★★★ Sit dive from stairs and swim 3-4 feet to the instructor

\*\* If they haven't accomplished the Adv. P/T 1 goals by the time they are 3 years old, they will go directly to WS1

## **Adv. Parent Tot 2 (30-35 months)**

### Skills:

- Expanded breath control
- Independently swimming through the water in a horizontal position
- Relaxed Starfish float with help
- Dive to the bottom of the pool
- Demonstrate a U-turn off the wall
- Independent use of all pool equipment
- Independent rollovers using equipment

### Goals to Move to WS1 or WS2:

- ★ Be at least 36 months old
- ★★ Eyes in whenever asked
- ★★★ Independent swim 5 feet w/ sit dive from wall
- ★★★★ Comfortable starfish float on back w/ help

\*\* If they haven't accomplished the Adv. P/T 2 goals by the time they are 3 years old, they will go directly to WS1