

BABY/TODDLER LEVELS

PARENT BABY (4-14 months) is the first step to teaching babies and parents how to enjoy and love the water. This class is for babies between 4 and 14 months old. We will teach parents how to properly and confidently hold their baby in the water while working on floating, gliding, reaching out, and submerging. Teachers incorporate songs and games in the class to provide a fun, loving environment. In addition to these components, additional benefits also include increased muscle tone, improved neurological functions, and a time to enjoy a wonderful bonding moment for you and your baby.

**Between 3-4 months-should be able to hold head up independently.*

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) is for our beginner toddlers between 15 months and 35 months and their parents. The main difference between this class and a Parent Baby class is age. Continuing through songs and games, we teach parents how to correctly hold their toddler to promote relaxed and comfortable movement through the water. In addition to these skills, overcoming fear of the water, gaining breath control, and relaxed gliding while having fun are the main goals in this class.

**Between 14-15 months-New to swimming (PB), prior swimming (can do PT).*

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

BABY/TODDLER LEVELS

ADVANCED PARENT TOT 1 (24-35 months) is for fearless toddlers between the ages of 24 months old and 35 months old who can swim or glide 3-4 feet. This class is designed to turn fearless swimmers into patient and good listeners who follow the rules that go along with being safe in and around water. This transition allows toddlers to work more independently with an instructor. Students will practice rolling over onto their backs to breathe with the assistance of an instructor. Instructors will also introduce pool equipment, goggles, and fins. Toddlers will work on expanding their breath hold and practice safety in the water. Toddlers must have completed at least one full session in Parent Tot and have an instructor's authorization before enrolling into this class. *Not every child will take this class. Enrollment is only allowed with instructor approval.*

**Parents are expected to be in a suit unless instructor has specified otherwise.*

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

ADVANCED PARENT TOT 2 (30-35 months) is for fearless toddlers between the ages of 30 months old and 35 months old whose parents are already out of the water. Through patience and trust the instructors will help teach students to be better swimmers. Toddlers work on swimming the required 5 feet. These students will begin to float with or without assistance and roll onto their back to breathe. Through positive reinforcement, students are taught to swim through the water confidently and with the correct body position. *Not every child will take this class. Enrollment is only allowed with instructor approval and upon completion of Adv. Parent Tot 1.*

**Parents do not have suits on.*

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 (barbells)

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