

BABY/TODDLER LEVELS

PARENT BABY (4-12 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 12 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 12 months old
- ★★ Overcome fear, no crying
- ★★★ Go under comfortably

PARENT TOT (12-35 months) is for our beginner toddlers between 12 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.

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:

- ★ Be at least 30 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 (30-35 months) is for fearless toddlers between the ages of 30 months old and 35 months old. This class is designed to slowly but surely work the parent out of the water with a patient and safe approach. This transition allows toddlers to work more independently with an instructor. Students will learn how to respect the water and be safe in and around water. Through patience and trust the instructor will guide your toddler who will learn to love the water. 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 Parent Tot and have an instructor's authorization before enrolling into this class.

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
- Use goggles, fins and arm floats
- **Learn to respect the water and the rules that go along with being safe in the water**

Goals to Move to Water Safety 2:

- ★ No fear, eyes in whenever asked
- ★★ Parent out of the water, able to listen and wait
- ★★★ Sit dive from stairs and swim 7-8 feet
- ★★★★ Comfortable starfish float on back with help

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