

# Parent & Tot (6mo-2 yrs)

## Course Overview



**Water exploration and bonding for parents and very young children**

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### Level 1:

#### **No entry skill requirements**

An introduction class for parents and very young children, Parent & Tot 1 uses songs, games and toys to help your baby gain confidence, learn basic swim skills and build safe habits around the water. Each child must be accompanied in the pool by a parent or guardian- 1 adult per child in the water. Swim diapers required.

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### Level 2:

**Entry skill requirements: Child is comfortable fully submerging under the water and is able to stand up by themselves without support.**

Prepares very young swimmers to transition to independent swim lessons. Emphasis on adjusting to swimming with an instructor rather than a parent, following directions and increasing autonomy in their swim skills. Each child must be accompanied in the pool by a parent or guardian.