



2012

Parent and Child Aquatics

May 14 through September 10

For Parents and their Children 6 months to 3 years of Age

Welcome!

American Red Cross Parent and Child Aquatics familiarizes young children (from ages 6 months to about 3 years) to the water and prepares them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or to survive in the water on their own. Parent and Child Aquatics gives parents safety information and teaches techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. These courses are a bonding experience that will fill instructors, parents and children with wonderful life long memories.

There are no skill prerequisites for Parent and Child Aquatics. Children must be at least 6 months old to be enrolled in Parent and Child Aquatics. **A parent or other care-giving adult is required to accompany each child in the water and participate in the classes.** Parent and Child Aquatics introduces infants and young children to aquatics in two levels. Most participants begin in Level 1. Once infants or young children are able to comfortably perform the skills in Level 1, they progress to Level 2. Level 2 builds on the skills learned in Level 1.

Level 1: Is for children who are 6 months to 18 months old and either has no water experience or one previous session of water adjustment lessons. The goals of Level 1 are to provide safe water activities for parents and children. Children will learn how to enter and exit the water safely. They will begin to feel comfortable in the water through submerging, water buoyancy on their front and backs and using life jackets.

Level 2: Is for children who are 19 months to 36 months old and have had two or more previous sessions of water adjustment lessons, children who will submerge only reluctantly (or not at all) will learn to submerge in a rhythmic pattern. Children that require flotation support at all times will learn to perform combined stroke on front and back.

All classes will have 8 lessons to a session and the lessons will be no more than 30 minutes. There will be no make up lessons. If inclement weather arises you will be contacted and other arrangements may be made available. There are no refunds if lessons are cancelled or rescheduled due to inclement weather.

Parent and Child Aquatic classes maintain an instructor-to-parent and child ratio of no more than one instructor to 10 pairs. If any participants have disabilities or any special needs, there may be a co-instructor.

Infants and young children are more susceptible to hypothermia than older children, even at relatively warm temperatures. Our outdoor Lap Pool will be kept at 83 degrees for their comfort. Our Lap Pool has a gradual depth of 3 to 5½ feet deep and is easy to enter with a handrail for parent and children's safety. Parents will receive a newsletter at the beginning of each session, a tool to let parents know what they are learning at each stage. An achievement card will be shared by the instructor with parents to show what progress in skills their child has achieved. Children will receive a certificate of completion at the end of the session.

Swim diapers must be worn at all times for all non-potty trained children. Swim Diapers will be for sale at the front desk for your convenience. Please remember to bring your own towels to the pool.

Thank you for your time, patience and the opportunity to teach your children!