

## **Parent & Child Aquatics**

### **6 Months - 2 Years**

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

#### **Level 1**

Provides experiences and activities for children to:

- \*Learn to ask for permission before entering the water.
- \*Learn how to enter and exit the water in a safe manner.
- \*Feel comfortable in the water.
- \*Explore submerging to the mouth, nose and eyes and fully submerging.
- \*Explore buoyancy on the front and back position.
- \*Change body position in the water.
- \*Learn how to play safely.
- \*Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- \*Plus age-appropriate water safety topics.

#### **Level 2**

Builds upon the skills learned in Level 1 and provides experiences and activities for children to:

- \*Establish expectation for adult supervision.
- \*Learn more ways to enter and exit the water in a safe manner.
- \*Explore submerging in a rhythmic pattern.
- \*Glide on the front and back with assistance.
- \*Perform combined stroke on front and back with assistance.
- \*Change body position in the water.
- \*Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- \*Plus age-appropriate water safety topics.

Description:

**All Parent/Child lessons are four week lessons (two Sessions). Lessons are Monday- Thursday 15 minutes per lesson.**

**Price \$ 180.00**