



**swimming & water safety lessons**  
**descriptions of swim levels ( tiny swimmers & pre-k )**

<b>TINY SWIMMERS: Parent + Child</b>	
<p><i>It's never too soon to get the newest member of your family comfortable and safe in the water. You'll be in the water with your child, so wear your suit and be ready to have some fun with your little one !</i></p> <p><b>Tiny Swimmers will be split into two groups:</b></p>	
<b>Tiny Swimmers 1: ages 6 mos - 23 mos</b>	<b>Tiny Swimmers 2: ages 2 yrs + 3 yrs</b>
<p>With the help of the parents, the instructor will use songs &amp; activities to acclimate your child to the water:</p> <ul style="list-style-type: none"> <li>• Begin to put lips, nose and mouth into water</li> <li>• Moving arms and kicking</li> <li>• Learn how to support your infant in the water</li> <li>• Educating parents on water safety</li> </ul>	<p>With the help of the parents, the instructor will start teaching the basics of swimming:</p> <ul style="list-style-type: none"> <li>• Putting face into the water</li> <li>• Moving arms, kicking, floating</li> <li>• Holding the wall</li> <li>• Climbing out of the water</li> </ul>
<b>PRE-K: ages 3 yrs + 4 yrs</b>	
<p><i>Pre-K Lessons are designed for 3 and 4 year-olds who are continuing to build a swimming foundation. They are a perfect way for children to build on skills learned in Tiny Swimmers 1 and 2. Children do not need any swim experience to participate in Pre-K lessons.</i></p>	
<p>Pre-K lessons get children comfortable in the pool and helps them build beginner skills:</p> <ul style="list-style-type: none"> <li>• Blowing bubbles</li> <li>• Jumping from the side of the pool</li> <li>• Entering and exiting the water using side, ladder, or ramp</li> <li>• Feeling more comfortable getting their faces wet</li> <li>• Learning to be safe around the pool area and in the water</li> </ul>	