



Parent & Me Swim Lessons

The “Parent and Me” swim lessons offer a delightful way for parents and their little ones to explore the aquatic environment together through engaging songs, toys, and constant movement in the water; children can get accustomed to the aquatic environment without feeling overwhelmed. More importantly, these lessons provide an excellent opportunity for strengthening the bond between parents and their children. Parents learn valuable safety tips and techniques for correctly holding and taking their children underwater. These lessons go a long way in boosting the child’s comfort level in the water and building trust with swim instructors. The outcome is that the transition to private lessons becomes much easier.

Crawler’s Swim Lessons Goals (6+ months)

1. Emphasize the importance of water safety and the parental role in promoting it.
2. Introduce babies to the pool gradually and with love.
3. Teach breath control by conditioning using verbal cues
4. Establish manipulative patterns for kicking
5. Make swimming a fun and stimulating experience by using toys, games, and songs.
6. Encourage babies to develop a firm grip.
7. Introduce back floating with parent’s assistance.

Walker’s Swim Lessons Goals (10+ months)

1. Reinforce the importance of parents in promoting water safety.
2. Enhance breath control skills.
3. Introduce water submersion techniques.
4. Encourage independent kicking and gliding.
5. Stress the need to hold onto the pool’s edge firmly.
6. Reinforce back floating and encourage independence.
7. Encourage shallow water play and exploration.
8. Teach turning skills.