

## Caregiver/Child Lessons: Ages Six Months to Three Years

Accompanied by a parent, guardian, or caregiver, swimmers learn to be comfortable in the water. Infants and toddlers develop swim readiness skills through fun, confidence-building experiences, while adults learn about water safety, drowning prevention, and the importance of supervision.

This class introduces infants and toddlers to the aquatic environment. It focuses on exploring body positions, blowing bubbles, fundamental safety, and aquatics skills.

This class helps children become comfortable in the water and prepares them for our group swim lesson program, where a parent does not participate in the water with them.

Swimmers should be at least six months of age to be enrolled in this class. They must wear a swim diaper, and a parent, guardian, or caregiver must participate with them.