

TADPOLES

\$120 Per Session



Class Description:

Is your little one ready to explore the water in a fun, relaxed and safe environment? This is the class. In the Tadpoles class we will cover the very basics of learning to love the water. We will introduce terms (and cover them with moms and dads) to help you and your kiddos make the very most of your summer. We love safety but we also love fun - in this class we will teach both.

Prerequisites:

New to swimming/beginner level but NOT A MOMMY AND ME CLASS. Independent enough to be with an instructor (but understand that it will take some time and adjustment for comfort level). Must be out of swim diaper and potty trained.

Skills Taught:

- Blowing Bubbles
- Face in the water
- Entering and exiting the pool safely
- Kicking
- "Monkey Walk" - hand-over-hand technique to safely get to ladder or steps
- Water introduction
- Back float
- Stomach float
- Jumping from side
- Using arms to paddle and manipulate water
- Several key water safety terms

Parents or supervisors are required to remain on the pool deck during the lesson. Sign ups will be on a first come, first serve basis. A wait list will be created in the event there are more students than instructors.

4:1 ratio max