

# Parent/Child Classes Summer 2010



4355 Saucon Creek Road  
Center Valley PA, 18034  
610-625-4848  
www.swim-inzone.com

We love babies, toddlers and young children!! Swim lessons are a wonderful opportunity for parents to spend "me" time with their children while learning something new. Parents are required for safety reasons- never trust a 2 year old!! We understand that some older children need their parents to attend class with them. There is a class for everyone at Swim-in Zone. Non-refundable registration fee of \$35/new family or \$15 renewal.

## ONCE A WEEK CLASSES June 21 - Aug 28

### **HELLO POOL! - INTRODUCTORY/BEGINNER CLASS** No prerequisites.

Parents will learn holding positions, cues, safety tips, about when and how to take their child underwater, jumping. The children will learn that the water is fun.

**Once a week on:** Mon 5:00 5:30; Tues 10:00, 5:00, 6:00; Wed 10:00; Sat 10:00, 11:30

**WATCH ME! - INTERMEDIATE CLASS** Child should be comfortable going underwater. Child can go underwater 3 or more times without coughing or choking. Parents will learn how to help their child get back to the wall, turn over to breathe, climb out of the pool and kick-up to the surface. summer session.

**Once a week on:** Tues 10:30, 5:30, Thurs 10:00 6:00, Sat 9:30

**TOUCH BASE- ADVANCED CLASS** Children can swim independently for 3 or more seconds. Parents will learn how to help their child get a breath to swim for a longer distance. The children will learn how to underwater swim back to the poolside, turn over and breathe and backfloat. summer session.

**Once a week on:** Mon 6:00, Wed 5:30 Thurs 10:30 Sat 9:00

**TOO LITTLE BUT TOO GOOD- CLASS FOR MORE ADVANCED TODDLERS** ages 2.5-3.5 years old. Children should be underwater swimming independently from steps to parent, going under on a jump, kicking up, getting rings underwater, initiate rollovers and almost backfloating by themselves. Teacher recommendation required.

**Once a Week on:** Wed. 10:30, 6:00 pm, Thurs 5:30pm, Sat 10:30

**PARENT/OLDER CHILD** Programming for children who are between 3 and 5 years old who wish to have their parent attend class with them. All classes are 30 minutes. Most children are not underwater swimmers at the start of this class.

**Once a week on:** Tues. 6:30, Thurs. 6:30, Sat 11:00

Parent/Child classes are limited to 8 parent/child pairs. A **minimum** of **4** pairs are required for the class. Classes without the required 4 pairs will be combined or cancelled as of June 18th. Non-disposable swim diapers over disposable swim diapers are required for all children not reliably toilet trained. No swimmies, floaties or float suits. Waiver required for both parent and child.

**We have a liberal make-up policy and missed classes are made-up by attending another class time. All classes must be made-up before September 24. \$40 fee to withdraw.**

**Stay and Play-** in the summer is for the family with at least one child in swim lessons. You may stay 30 minutes after you child's swim lesson is over. It is available Tues-Thursday 9-4pm.

