

Caregiver/Child Lessons: Ages Three 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. Guided by an experienced instructor, all CSA Caregiver/Child classes focus on building water confidence through songs, games, and simple water movement exercises.

LEVEL ONE: Ages Three to 14 Months

Babies will begin to explore floating, submerging, kicking, splashing, and holding onto the pool edge, all while strengthening their motor skills and bonding with their caregiver. Swimmers and caregivers will also begin to learn basic survival skills in the pool. With a warm, welcoming environment, our program helps lay the foundation for future swimming skills.

Swimmers should be at least three 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.

LEVEL TWO: Ages 15 Months to Three Years

In Level Two, children will begin to practice swimming independently to their caregiver or the wall, and increase both their number of submersions and time spent underwater. Swimmers and caregivers will also learn basic survival skills in the pool. With a warm, welcoming environment, our program helps lay the foundation for future swimming skills and prepares them for CSA's group swim lesson program, where a caregiver does not participate in the water with them.

Swimmers should be at least 15 months old to be enrolled in Level Two. They must wear a swim diaper, and a parent, guardian, or caregiver must participate with them.

Skills

- Bobs: fully submerged, blowing bubbles, assisted
- Back Float: relaxed, assisted
- Safety Turn Around: slide in, turn around, climb out
- Waits on the wall to be invited in
- Willingly goes with instructor