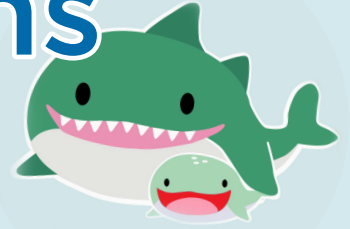




# Baby & Me Swim Lessons



## NEW Structure for Baby & Me Swim Lessons

Our certified staff has worked hard to develop a **new and improved** version of our Baby & Me Group Swim Lessons! These group lessons will now be offered at 4 levels and are open to members, ages 3 months to 3 years with an adult family member. The adult family member is expected to get into the water and complete the lesson with their child. This new structure will feature skills and concepts to help children become safer and more independent in the water. This program is designed for both children and parents to learn safety skills. Lessons will follow a transitional course moving from parents in the water with their child to the child completing the lesson independently with the instructor.

Advanced registration is required. Register online at [www.jccomaha.org](http://www.jccomaha.org) or by calling the Aquatics Office at (402) 334-6473.

### What to Know

- Lessons are now offered at four levels and are progression based. Kids will move through the levels according to skill rather than age. If you aren't sure what level to put your child in, start at the beginning!
- Each child moves at their own pace, most children will repeat a level a few times before moving on. As they master skills, your instructor will give a recommendation on what to do next to continue advancing.
- This program is designed for children and parents both to learn these safety skills. Parents will be in the water with their child and the instructor for levels 1-3. Level 4 is a transitional class with parents out of the water.
- For young kids swimming skills can be quickly lost without practice. To maintain skills, it is recommended to move through the baby swim and group swim lessons consistently.

### What Participants Will Learn

- Recovery skills – For children (typically) 3 months – 18 months, recovery skills will consist of learning to recover into an unassisted back float after entering the water. For children (typically) 12 months – 3 years, recovery skills will include recovering to unassisted back float and elementary swimming to return to the wall after entering the water.
- Fundamentals of swimming – Basics of kicking and arm movements, going underwater, entering and returning to the wall, swim float swim.
- These lessons emphasize confidence and safety in the water, learning to follow instruction and learn in a class structure to prepare them for our group swim lessons for ages 3 and up.