



Summer 2023

SPACE IS LIMITED
PRE-REGISTER ONLINE
BEGINNING MAY 30th

Parent and Child & Preschool Aquatics

Tuesdays AM

10:00-10:45

June 13 - August 15

NO CLASS June 27 & July 4

Wednesdays Afternoon

3:30-4:15

June 7 - August 9

NO CLASS June 28 & July 5

Thursdays AM

10:00-10:45

June 15 - August 17

NO CLASS July 6

Wednesdays PM

Preschool 2/3 ONLY

5:30-6:15

June 7 - August 9

NO CLASS June 28 & July 5

RATES:

Otsego County Residents.....\$80

Out-of-County Residents.....\$95

Discounts for:

Pass Holders\$10

Multiple Child (3+ same family) \$5

Early Bird\$10

Early Bird rates expire one week prior to 1st class

****No MAKE-UP Classes****

PRE-Registrations must be done online.

Swimmer is NOT on Roster until payment is made.

Facility will be CLOSED.
July 3rd – July 7th

Parent & Child 1

(6 months- 2 years old) with parents in pool

Parent and Child Aquatics ONE introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics.

The goals of Parent & Child 1 are to provide experiences and activities for children so they:

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water safely.
- Feel comfortable in the water.
- Practice blowing bubbles.
- Explore submerging to the mouth, nose, eyes and completely.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to play safely in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket.

Level Descriptions

Parent & Child 2

Preschool 1

*(2yrs-3yrs old)
with parents in pool*

Parent & Child Aquatics 2 builds on the skills introduced in 1. Participants improve on these skills and learn more advanced skills in 2. Preschool 1 is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills, such as being comfortable getting in and moving through the water and be willing to put their face in the water. Children should also be able to use arm and leg movements while supported. In addition, participants start learning about how to be safe around water.

Preschool 2 & 3

(3.5yrs – 5yrs)

The objectives of Level 2 are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level. Many skills in Level 1 are performed with assistance. Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Level 2 also builds on the water safety topics introduced in Level 1.

The objective of Level 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times or levels of refinement. The skills in Level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

REFUND POLICY

Patron refund requests will only be honored if requested prior to the 1st class, minus \$10 administration fee. No refunds for missed days.* The Sportsplex reserves the right to CANCEL or COMBINE CLASSES that do not meet minimum, **4 students per class**, registration requirements.