



Contact Si View Pool staff with questions:

Pool Staff poolstaff@siviewpark.org / 425-414-0765

Bridget Verhei bverhei@siviewpark.org / 425-414-0763

Infant-Toddler Program Guidelines

Parent Tot and Puddle Jumpers classes are grouped by age. Your child will be learning to work in a class setting and getting acclimated to working with an instructor. Your child's comfort and success depend on your comfort and encouragement. All children not fully potty trained must wear a swim diaper or a plastic diaper cover.

Parent Tot - Ages 6 months – 3 Years

This is a parent and child program; parent is in the water with their child.

SKILLS TAUGHT: Verbal cuing, reach & pull arms, kicking, bubble blowing, submersion, climbing out and safe entry. This is a parent and child program, parent is in the water with their child. As students gain comfort and readiness, they will be introduced to unassisted skills and become comfortable doing the skills with the instructor.

Puddle Jumpers – Ages 2 ½ - 3 ½

Recommend Parent Tot program at least once prior to enrolling in Puddle Jumpers class: this will increase their comfort in the water. The parent is in for the first few classes to help with the transition, and the child completes the session with the instructor only. Please

note: The first class that you will be out of the water might be a bit confusing and uncomfortable for your child. Please encourage your child to get in and play. Sometimes they might act up if you are there watching, you may “hide” in the lobby area where your child can't see you. Your child will focus on the class and gain comfort with the instructor.

SKILLS TAUGHT: Water entry and exiting unassisted, blowing bubbles, aquatic breathing, submersion, assisted front floating, assisted back floating, assisted front glides, kicking assisted and unassisted with chin in water, jumping in assisted and unassisted.

Same skills as in a Pre 1 class, with focus on listening skills and following directions; can advance to Pre 1 when 3 years old or upon instructor recommendation. Puddle Jumpers classes do not go in the deep end of the pool.

Puddle Jumpers: Skills Required to Pass

Graduation from Puddle Jumpers is age dependent. Students who are ready may enter Pre 1 at age 3.

Component	Bobs	Front float w/ assistance	Kicking on front w/ assistance	Back float w/ assistance
Breathing & Timing	They need to be exchanging air; bubbles under water and take a breath when they come up; they need to do this 3 times in a row to pass	Blowing bubbles, face in the water for 3 seconds	Blowing bubbles	N/A
Head & Body Position	Forehead should be pointed towards floor; They should also be able to leave their face in the water for 3 seconds	Forehead pointed down to the floor; face in water, relaxed body flat on the water	Forehead pointed towards floor; this helps to leave their legs up at the surface	Head is relaxed – chin up to the ceiling; body should be lying in a flat position. Student MUST be comfortable lying on their back for 5 seconds; teaching students the roll over recovery to their front
Legs	N/A	Long legs stretched out in back; hips should be flat on the surface of the water	Legs should be kicking at or near the surface; bent leg is OK	Legs either straight or slightly bent at the knee
Arms	N/A	Long arms either at the side or stretched out in front in streamline position.	Stretched out in front in streamline position.	Can either be out to their sides or down by their legs; do not let them grab you