



Contact Si View Pool staff with questions:
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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 with a plastic diaper cover. Sometimes Puddle Jumper I & II groups are combined.

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 becoming comfortable doing the skills with the instructor.

Puddle Jumpers I – Ages 2 ½ - 3 ½

Recommend Parent Tot program at least once prior to enrolling in Puddle Jumpers I class: this will increase their comfort in the water. Only take Puddle Jumpers I once; 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.

Puddle Jumpers II – Ages 2 ½ - 3 ½

Must take Puddle Jumpers I to register for Puddle Jumpers II; PARENT DOES NOT GET IN THE WATER FOR PUDDLE JUMPERS II. *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.*

SKILLS TAUGHT: Blowing bubbles; humming; submerging whole head; buoyancy (assisted front float for 5 to 10 seconds); assisted back float 10 seconds; propulsion (kicking with face out of water then face in the water assisted and unassisted).

Puddle Jumper II: 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	Forehead down in the water; (When using barbells, have them stretch arms out in front and put face in). They can also practice this skill on the mat	Head is relaxed – nose pointed up at ceiling; body should be lying in a flat position. Student MUST be comfortable lying on their back for 3 seconds; teaching students the roll over recovery to their front
Legs	N/A	Long legs stretched out in back; push hips up, legs up	Legs should be kicking at or near the surface; bent leg is OK	Longs legs
Arms	N/A	Long arms stretched out in front; should be able to reach for the wall-stairs-platform on their own	Stretched out in front	Can either be out to their sides or down by their legs; do not let them grab you