**Infant: Parent/Child Aquatics:**

Builds basic water safety skills for both parents and children, helping infants and young children ages 9 months to 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

Sessions are two weeks long.

**Cost: $22/City, $33/Non-city**

**Skills Assessment:**

* Enter water in a seated position
* Enter water in a seated position—rolling over and sliding in
* Enter water by stepping or jumping in
* Water entry using a ladder
* Water entry using stairs
* Exploring the pool (in shallow water)
* Using side of pool to exit
* Using a ladder to exit
* Opening eyes and retrieving objects below the surface
* Opening eyes and retrieving submerged objects
* Bobbing
* Front float
* Front glide
* Front glide to the wall
* Back float
* Back glide
* Roll from front to back
* Roll from back to front
* Passing between adults
* Drafting with breathing
* Leg action on front—alternating or simultaneous movements
* Arm action on front—alternating or simultaneous movements
* Combined arm and leg actions on front with breathing
* Leg action on back—alternating or simultaneous movements
* Arm action on back—alternating or simultaneous movements
* Combined arm and leg actions on back