

Learn To Swim

Baby and Me

CONTACT

For more information,
contact Miranda Buiter at:

mbuiter@mylanpark.org
304.933.2782

REGISTER

Log in to the Aquatic
Center User Portal to
Register, if you have never
been to our facility, please
create a new account, all
others will need to contact
us for log-in information:

304-933-2782 or email
aqua@mylanpark.org



Scan to
Register!

DESCRIPTION:

Baby and Me: Enjoy the pool with your baby and learn comfort, safety and basic swimming skills from our trained instructors. This class is meant to promote water safety. Parents and babies will sing, play, and explore the water together. Parents will learn appropriate holding and support techniques to keep their children safe while swimming. Babies will get adjusted to the water and environment and set them up for future success in swim lessons

AGES: 6 mo to 2 yrs
(Parent/guardian required)

DETAILS:

LOCATION: Huntington Community Pool **INSTRUCTOR(S):** 1

PRE-REQUISITES: None

COURSE OFFERING: 30-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Toddler & Me (1 ½ to 3 years)
Repeated class based on age and progression

OBJECTIVES:

- Holding & support techniques with parent/guardian(s)
- Working with kids to know when to do a task
- How to be comfortable in the water
- Breath control
- Buoyancy on front & back
- Changing direction in water
- Swimming on front & back
- Education & importance of water safety

WEEK 1

- Out of water exploration
- Entry/exiting water

WEEK 2

- Floats with support

WEEK 3

- Submersion

WEEK 4

- Glides with support

WEEK 5

- Passing from instructor to parent with support

WEEK 6

- Rolling from front to back

WEEK 7

- No new skills
- Review of all previous skills

WEEK 8

- No new skills
- Review of all previous skills

Learn To Swim

Toddler and Me

CONTACT

For more information,
contact Miranda Buiter at:

mbuiter@mylanpark.org
304.933.2782

REGISTER

Log in to the Aquatic
Center User Portal to
Register, if you have never
been to our facility, please
create a new account, all
others will need to contact
us for log-in information:

304-933-2782 or email
aqua@mylanpark.org



Scan to
Register!



Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Toddler and Me: Enjoy the pool with your toddler and learn comfort, safety and basic swimming skills from our trained instructors. This class is meant to promote water safety. Parents and toddlers will sing, play, and explore the water together. Parents will learn appropriate holding and support techniques to keep their children safe while swimming. Toddlers will begin to get comfortable with the water and environment and set them up for future success in swim lessons.

AGES: 1½ - 3 yrs

(Parent/guardian required)

DETAILS:

LOCATION: Huntington Community Pool **INSTRUCTOR(S):** 1

PRE-REQUISITES: Comfort level with skills taught in Baby and Me

COURSE OFFERING: 30-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Preschool and Me (2 -4 years)
Repeated class based on age and progression

OBJECTIVES:

- Holding & support techniques with parent/guardian(s)
- Demonstrates with support or assistance
- Holding & support techniques face to face & back to chest
- Working with child on cueing/when to do certain tasks
- Water adjustments, entry & exiting water independently
- Buoyancy on front & back
- Breath control & underwater exploration
- Swimming on their front & back with support/minimal assistance
- Importance of water safety

WEEK 1

- Entry/exiting water
- Floats & glides

WEEK 2

- Entry/exiting water
- Back float, glide

WEEK 3

- Submerging in water
- Review of float & glides

WEEK 4

- Combined arm & leg action

WEEK 5

- Front glide to the wall with support

WEEK 6

- Rolling front to back & back to front

WEEK 7

- Underwater exploration, retrieving items

WEEK 8

- Review of all previous skills
- Skills Assessment

Learn To Swim

Preschool and Me

CONTACT

For more information,
contact Miranda Buiter at:

mbuiter@mylanpark.org
304.933.2782

REGISTER

Log in to the Aquatic
Center User Portal to
Register, if you have never
been to our facility, please
create a new account, all
others will need to contact
us for log-in information:

304-933-2782 or email
aqua@mylanpark.org



Scan to
Register!



Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Preschool and Me: Enjoy the pool with your preschooler and encourage water comfort, safety and basic swimming skills from our trained instructors. This class is meant to promote water safety, while encouraging safe play with parental guidance within an aquatic environment. Parents and preschoolers will explore the water together with focus on preparing child for their own independence while exploring the water.

AGES: 2 - 4 yrs

(Parent/guardian required)

DETAILS:

LOCATION: Huntington Community Pool **INSTRUCTOR(S):** 1

PRE-REQUISITES: Comfort level with skills taught in Toddler and Me

COURSE OFFERING: 30-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Pre-Swim Level 1 (3 -6 years)
Repeated class based on age and progression

OBJECTIVES:

- Underwater exploration without assistance
- Floating independently
- Working with child on cueing/when to do certain tasks
- Entering & exiting water on their own
- Swimming on their front & back while moving arms & legs
- Importance of water safety

WEEK 1

- Front floats & glides
- Swimming on front

WEEK 2

- Entry/exiting water
- Back float & glides

WEEK 3

- Submerging in water
- Review of floats & glides

WEEK 4

- Underwater exploration
- Swimming from parent to wall

WEEK 5

- Swimming from parent to wall
- Entry/exiting water independently

WEEK 6

- Entry/exiting water independently
- Review of all previous skills

WEEK 7

- Review of all previous skills

WEEK 8

- Assessments for next level of classes