

# Learn To Swim

## Baby and Me

### DESCRIPTION:

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

**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

### CONTACT

For more information,  
contact Miranda Buitter at:

[mbuiter@mylanpark.org](mailto:mbuiter@mylanpark.org)  
304.993.2782

### 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](mailto:aqua@mylanpark.org)



Scan to Register!

### 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	WEEK 2	WEEK 3	WEEK 4
<ul style="list-style-type: none"> <li>• Out of water exploration</li> <li>• Entry/exiting water</li> </ul>	<ul style="list-style-type: none"> <li>• Floats with support</li> </ul>	<ul style="list-style-type: none"> <li>• Submersion</li> </ul>	<ul style="list-style-type: none"> <li>• Glides with support</li> </ul>
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<ul style="list-style-type: none"> <li>• Passing from instructor to parent with support</li> </ul>	<ul style="list-style-type: none"> <li>• Rolling from front to back</li> </ul>	<ul style="list-style-type: none"> <li>• No new skills</li> <li>• Review of all previous skills</li> </ul>	<ul style="list-style-type: none"> <li>• No new skills</li> <li>• Review of all previous skills</li> </ul>

# Learn To Swim Toddler and Me

## DESCRIPTION:

**AGES: 1½ - 3 yrs**  
(Parent/guardian required)

**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.

## CONTACT

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304.993.2782

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## 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

## DESCRIPTION:

**AGES: 2 - 4 yrs**  
(Parent/guardian required)

**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.

## CONTACT

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[mbuitter@mylanpark.org](mailto:mbuitter@mylanpark.org)  
304.993.2782

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**Scan to  
Register!**

## 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	WEEK 2	WEEK 3	WEEK 4
<ul style="list-style-type: none"> <li>• Front floats &amp; glides</li> <li>• Swimming on front</li> </ul>	<ul style="list-style-type: none"> <li>• Entry/exiting water</li> <li>• Back float &amp; glides</li> </ul>	<ul style="list-style-type: none"> <li>• Submerging in water</li> <li>• Review of floats &amp; glides</li> </ul>	<ul style="list-style-type: none"> <li>• Underwater exploration</li> <li>• Swimming from parent to wall</li> </ul>
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<ul style="list-style-type: none"> <li>• Swimming from parent to wall</li> <li>• Entry/exiting water independently</li> </ul>	<ul style="list-style-type: none"> <li>• Entry/exiting water independently</li> <li>• Review of all previous skills</li> </ul>	<ul style="list-style-type: none"> <li>• Review of all previous skills</li> </ul>	<ul style="list-style-type: none"> <li>• Assessments for next level of classes</li> </ul>