

# Parent & Tot At-a-glance

Especially for children aged 4 months to 3+ years and their parents. Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child, parent and water.

## Parent & Tot 1 (4–12 months)

1. Enter & exit the water safely with tot
2. Readiness for submersion
3. Hold tot on front, eye contact
4. Hold tot on back, head & back support
5. Front float (face out) – assisted
6. Back float – assisted
7. Float wearing PFD – assisted
8. Arms: splashing, reaching, paddling, on front & back
9. Legs: tickling, splashing, kicking, on front & back

## Parent & Tot 2 (12–24 months)

1. Entry from sitting position
2. Exit the water – assisted
3. Blow bubbles on & in water
4. Face wet & in water
5. Attempt to recover object below surface
6. Entry from sitting position wearing PFD & return – assisted
7. Front float (face in) – assisted
8. Back float – assisted
9. Kicking on front & back – assisted
10. Surface passes with continuous contact

## Parent & Tot 3 (2–3 years)

1. Jump entry – assisted
2. Entry & submerge from sitting position – assisted
3. Exit the water – unassisted
4. Hold breath underwater – assisted
5. Attempt to open eyes underwater
6. Attempt to recover object from bottom
7. Standing jump entry, return to edge – assisted
8. Jump entry & float wearing PFD – assisted
9. Front & back "starfish" floats – assisted
10. Front & back "pencil" floats – assisted
11. Kicking on front & back – assisted
12. Underwater passes

**You can spot people who are Water Smart® right away!** They're the ones who know how to swim and behave safely in, on and around water. Swim for Life includes fun, hands on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

## Next Steps:

If your child is under 3 years register in Parent & Tot classes, when they are three years old consider Preschool levels.



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