



Toddler Swim Lesson Information

Dear Parents and Grandparents,

We are excited to have your child in our toddler swim class this summer. We understand the worry and anxiety that can come with putting them into the pool without you, so thank you for trusting us to be one of their first swim lesson experiences. We have listed some of the key components of our program below. Please take the time to read about our toddler swim class.

- **What should I expect on the first day of class?** At the beginning of class, you will hand your toddler to a swim teacher, and they will play, sing, and explore the water together. If you could please let the teacher know your child's name that helps the teacher to build a connection with your child (sometimes they do not want to share their name themselves). Giving a quick "I love you, have fun" then getting out of their sightline usually helps them calm down quickly. During class we like to play with toys, learn to kick, and blow bubbles. This is a beginner class, we keep it very low pressure and fun!
- **Why is my child crying? What should I do?** Tears, fear, and apprehension are all normal reactions by toddlers in new situations. This may very well be the first time your toddler has ever been in the pool without you, and they may cry. Reminding yourself that your child is safe and secure is an important piece to ease your fears. If your child typically cries when being left with a caregiver, at daycare drop off, or in new situations it is very likely they will cry at lessons too. It is totally okay and normal! Sometimes bringing a special toy just for swim lessons, that is water safe, can be a fun way to get your child excited to swim. It helps the teacher understand their interests and can be an incentive to get into the pool because they get to play with their new toy. Just really try to reserve it for lessons only to maintain the appeal! Along with that, sometimes toddlers prefer the independence that the wading pool offers them. Please try to limit wading pool usage before class if your toddler struggles to get out of that pool.
- **Should I take my child out of the pool when they are crying?** We have found that taking your toddler out early typically leads to longer and more tears each lesson. Toddlers like to be in control, and they would sometimes rather be with you than a teacher so they think crying may get them out of the pool. Rest assured, we have never had a child cry more than a lesson or two. Our teachers are wonderful, and your child will quickly settle into a fun, happy routine. Our goal is to get them to love the pool as much as we do.
- **Should I reprimand my child for crying or not listening during lessons?** Toddlers like to keep us on our toes! They may love swimming with you normally but may not love lessons at first. The more you can make lessons, and the before and after of lessons, a positive experience, the better. Please try to encourage, celebrate successes, and recognize the small achievements.

Swimming is such an important life skill, especially for Pacific Northwest children. Starting your toddler at an early age is setting them up for long-term swimming success. If you ever have any questions or concerns do not hesitate to contact Madelyn Tallon at swim@fircrestgolf.com or Madelyn@fircrestgolf.com any time.