



CITY OF GLENDALE
COMMUNITY SERVICES
& PARKS DEPARTMENT

PARENT & ME PROGRAM

We are very excited that you, as a parent, have taken the time and opportunity to expose your child to the fun experience of swimming. It is important that at this young age, children learn the aquatic safety procedures that will be practiced throughout their entire lives.

At this early age, your child may not be quite ready for group instruction, but will learn the behaviors to take with him/her into the next swim level. Your child needs an instructor whom they can trust, love and depend on. And the best teacher for him/her is YOU. Your child has learned everything from you, and this is just another learning process. Your success in teaching your child to swim depends on your relationship with your child, and NOT your proficiency in the water. You should move at a rate comfortable to your child and encourage him/her with positive language, constantly recognizing all of his/her achievements. Your child can sense a negative attitude and anxieties, and he/she too will then share those feelings. So always be cheerful and happy around the water!

Your swim instructor is well trained in the field of aquatics and in teaching water safety to both children and adults. The instructor will be in the water with you to guide you and ensure you are teaching the various skills properly. Your instructor can answer any questions you may have. Don't be afraid to ask, there is no such thing as an unwelcome question. We are here to help you and to ensure your safety in the water! Enjoy your class, and most of all, have fun!!



Here are some handy tips to help promote a positive experience for your child that is both fun and safe (on your own and with us here at the pool):

1. Be with your child at all times. Never leave your child alone in or around the water.
2. Flotation devices are not full proof and will not prevent your child from danger. Accidents and drowning may still occur quite easily, so use these with caution.
3. Always make your child wears a swimsuit when going swimming. By doing this, your child will associate swimming with a swimsuit, and not jumping into the water in street clothes.
4. Always swim your child directly back to the side of the pool after he/she has jumped off the wall. The repetition is to assure the habit of returning to the wall. In case of an accidental fall into the water, your child will instinctively make an effort to get back to the wall.
5. Never leave the pool after an unfavorable experience. Remain there until the child again feels comfortable and happy. The frightening experience will then be forgotten and your child can leave the pool feeling good. He/She will then want to return to the pool with ease instead of remembering the accident.
6. Always be cheerful and happy around the water. Your child can sense your anxieties, and he/she too will then share those feelings.
7. Children may NOT wear diapers in the pool. It will weigh him/her down, and is not sanitary. If your child is not potty trained, swim diapers are required.