

2026 PARENT-TOT SWIMMING LESSON INFORMATION



- There will be 2 sessions. Each session will have two time slots: (5:00-5:25 pm & 5:30-5:55 pm)
 - Session 1 - **July 21-23, July 28-30**
 - Session 2 - **Aug. 4-6, 11-13**
- All lessons are Tuesdays-Thursdays
- These lessons are held during the last hour of open swim so other family members can come and swim with a paid daily admission or season pass.
- Limit of **one session / one time slot per child.**
- Cost is \$20 per child. Payment due when registering for lessons.
- **Registration begins on June 30th.** Forms will not be accepted prior to June 30th.
- Register in-person with the pool office. No registration forms will be accepted via email or Facebook.

What is the purpose of Parent-Tot Lessons?

- **Parent-Tot - Objective:** Familiarize children with the water, provide safety information for parents, and share techniques parents can use to orient their children to the water.
Requirements: None (recommended for ages 6 months - 3 years old)
Skills Covered: Holding & support techniques for parents, water adjustment activities

What should I bring to Parent-Tot?

- Life vests and Swim vests are optional. Some children are more comfortable in a life vest or swim vest so take your cue from your child when deciding whether or not to bring a life vest or swim vest.
- Goggles are also optional. Some children are more comfortable in water with goggles. Again...take your cue from your child when deciding whether or not to bring goggles.
- Swim diapers are **REQUIRED** for any child who is not toilet-trained.

Who can bring a child to Parent-Tot?

- A responsible adult 18 years or older
- Each child enrolled in Parent-Tot/Water Readiness class needs to have an adult present in the pool during class. If a family has two children enrolled in Parent-Tot class, the family will need to have two adults present (one for each child).

Do you have more questions??

- Contact Melissa at tremplpool@gmail.com.

2026 Parent-Tot Lessons Registration Form

- All lessons are Tuesdays-Thursdays 5:00-5:25 pm & 5:30-5:55 pm.
- Please indicate 1st, 2nd, 3rd choices for time slots.
- Limit of **one session / one time slot per child.**
- Cost is \$20 per child. Payment due when registering for lessons.
- **Registration begins JUNE 30th.** Forms will not be accepted prior to June 30th.
- Register in-person with the pool office. No registration forms will be accepted via email or Facebook. Contact Melissa (tremlopool@gmail.com) with any questions.



	Parent-Tot Lessons Description	
	Parent-Tot - Objective: Familiarize children with the water, provide safety information for parents, and share techniques parents can use to orient their children to the water. Requirements: None (recommended for ages 6 months - 3 years old) Skills Covered: Holding & support techniques for parents, water adjustment activities	
Session 1 July 22-24, July 29-31	5:00-5:25pm <input type="checkbox"/> 1st <input type="checkbox"/> 2nd <input type="checkbox"/> 3rd	
	5:30-5:55pm <input type="checkbox"/> 1st <input type="checkbox"/> 2nd <input type="checkbox"/> 3rd	
Session 2 August 5-7, 12-14	5:00-5:25pm <input type="checkbox"/> 1st <input type="checkbox"/> 2nd <input type="checkbox"/> 3rd	
	5:30-5:55pm <input type="checkbox"/> 1st <input type="checkbox"/> 2nd <input type="checkbox"/> 3rd	

Parent/Guardian Name:	
Address:	
Email Address:	
Telephone Number:	
Child Name, Age & Class:	
Child Name, Age & Class:	
Child Name, Age & Class:	

OFFICE USE ONLY: Date Received: _____ Time Received: _____ Email

Confirmation Sent: _____