The Tadpole Parent Child Level is designed to familiarize young children to an aquatic environment. Children and parents both learn how to be safe and active in water and gain the foundation for learning to swim. Below are the skills covered during Tadpole Swim Lessons.

**Prerequisite:** Age 6 months; adult must accompany child in water

**Water Entry and Exit**
- Ask permission before entering water
- Enter/exit the water in a safe manner
- Introduction to water features in aquatic setting

**Breath Control and Underwater Swimming**
- Explore submerging to the mouth, nose, and eyes
- Explore submerging in a rhythmic pattern completely
- Blowing bubbles on water’s surface

**Buoyancy on Front and Back**
- Explore floating on front and back
- Front and back glides with assistance

**Changing Direction and Position**
- Change body position with assistance

**Treading Water**
- Explore treading water movements and position

**Swim on Front and Back**
- Alternating/simultaneous arm/leg movements on front and back with assistance
- Combined stroke on front and back with assistance

**General and Personal Water Safety**
- Basic water safety rules
- How to avoid water hazards around the home
- Importance of wearing a lifejacket
- Staying safe in, on, and around the water
- Learn to expect adult supervision by water
- How to call for help