

# Star Babies

Instructor led water activities with at least one parent in pool  
7 months - 2 1/2 years old



5959 Common Street  
Lake Charles, LA 70607  
337-310-1681  
www.truebluewaterports.com

### Class Goals:

1. Build trust and comfort in the water for both infants and parents handling them in the water.
2. Body positions for self-rescue
3. Age appropriate submersion
4. Entering and exiting pools
5. Where's the wall –reach and swim activities
6. Forward movement through kicking and pulling
7. Rotary Movement-rolling over

### Saturday Mornings

**8:30 AM – 9:00 AM --Beginners**

**9:00 AM – 9:30 AM –Familiar with water**

Oct 13, 20, 27, Nov 3, 10, 17, Dec 1, 15, 22

Pick back up January 12, 2019

### Wednesdays and/or Thursdays

**9:00 -9:30 AM**

September 26, 27,

October 10, 11, 17, 18, 24, 25, 31

November 1, 7, 8,

December 5, 6, 12, 13, 19, 20

Pick back up January 9, 2019

Parents Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Cell phone: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

In case on an emergency provide ONE Contact names and numbers:

1. \_\_\_\_\_

Is there anything regarding your child's health which we would need to know as a safety measure? Allergies? Fear of water? Special accommodations? Under physician's care? Please explain:

\_\_\_\_\_  
\_\_\_\_\_

**30 Minute Sessions  
\$20 PER SESSION**

**5 sessions for \$99**

**Or**

**10 sessions for \$149**

Circle Sessions Attending  
Sessions don't have to be continuous

### Saturday Mornings

**8:30 AM – 9:00 AM –Beginners**

**9:00 AM – 9:30 AM –Familiar with water**

Oct 13, 20, 27, Nov 3, 10, 17, Dec 1, 15, 22

### Wednesdays and/or Thursdays

**9:00 -9:30 AM**

September 26, 27,

October 10, 11, 17, 18, 24, 25, 31

November 1, 7, 8,

December 5, 6, 12, 13, 19, 20

Total Paid: \_\_\_\_\_

Date: \_\_\_\_\_

Staff Member: \_\_\_\_\_

# WELCOME to STARBABIES CLASS!

Important information to know and tip:

1. Babies will need fresh water diapers for each pool session, which can be purchased at grocery stores, Walmart, and Target.



2. The pool is heated to 85 degrees, however, infants should not spend more than 30 minutes in the water where they lose body heat. Help us monitor your child and consider only 15 – 20 mins the first few pool sessions.
3. Bring a towel for drying off and a change of clothing.
4. Parents can wear bathsuits, shorts, t-shirt, wetsuits etc. in pool.
5. Warm showers are available after the session.
6. Bath Tub Tips to help your child be ready for the pool:
  - Acclimate your infant to the water during bath time. Help her/him float on their back for a few moments at a time while carefully supporting her head to keep her face from going under the water.
  - Talk and sing to her while she floats so that she hears what your voice sounds like with her/his ears in the water.
  - Gently pour water over his/her head and face while in the tub, and get him/her used to being splashed and having water in her face.
7. Refrain from feeding your infant up to 30 minutes before class to avoid spitting up during the lesson.
8. Have /her him dressed for the pool and changed into a fresh swim diaper just before class is scheduled to start.

**TRUE BLUE**  
WATERSPORTS

337-310-1681

[www.truebluewaterports.com](http://www.truebluewaterports.com)