

## StarBabies and StarTots at the Chatham County Aquatic Center

When you bring your baby into the Aquatic Center for the first time, there may be a high level of anxiety on your part as well as your baby's. There can be uneasiness and apprehension, and quite possibly tears. Please know you are not the first to feel this way. The Starbabies and StarTots program is not about teaching your baby how to swim. It's about teaching parents how to be safe around the water with their young children. It's about teaching parents how to help their kids develop the swim basics.

It is okay if your baby cries and does not fully cooperate with all the parts of the class. You may not know the songs and you may not be ready for all of the activities, but you can work at your own pace.

This program offers an opportunity for you to bond with your child while in the pool. This is very new to you and your baby. The goal is the more you expose your baby to water, the more comfortable they become. The more comfortable they become, the more quickly they can learn the skills and techniques that make them safer in the water.

### Guidelines and Helpful Hints:

It is required that a parent and/or trusted care giver be in the pool with the baby during the class.

All participants must wear a swim suit. Don't forget 2 towels! One for you and one for baby and dry clothes to change into after the lesson is over.

A swim diaper must be worn if swimmer is NOT FULLY and COMPLETELY potty trained. Regular disposable diapers are designed to retain fluid and will become saturated very quickly once submerged in water.

All students must check-in at the front desk. Then proceed to the pool deck to meet your instructor at the blue desk.

Please refrain from feeding your baby 1 hour before class to avoid spitting up during the lesson.

**NO REFUNDS, NO CREDITS and NO TRANSFERS** once payment has been made. Missed swim lessons cannot be made up. CCAC will make every attempt to make up any classes that are canceled due to pool closures.

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**SWIMMING BEFORE OR AFTER YOUR LESSON** – To maintain a safe environment and to stay within our capacity guidelines, we will unfortunately not be offering swimming before or after your lesson.

**CLASS TIMES**- Lesson are scheduled in 45 minute blocks, but the actual class will run for 30 minutes. The extra time allows for sanitizing between each class and time for you to get in and out of the building.

**If you have any questions, please contact us at (912) 652-6793.**

Registration for next month's swim lessons starts on the 3<sup>rd</sup> Wednesday of the month at 12PM for next month's lessons. To register, please visit at [aquatic.chathamcounty.org](http://aquatic.chathamcounty.org)