

APEX SWIM CLUB

Parent & Tot Swim Program – FAQ

What age is Parent & Tot for?

Parent & Tot classes are designed for children approximately 6 months to 3 years old.

Does a parent get in the water?

Yes! A parent or guardian is required to be in the water with their child during every class.

What should we bring?

Swim diaper (required for non-potty trained children), towel, change of clothes, and water for hydration.

How long are the classes?

Classes typically run 30 minutes and focus on safety, comfort, and water introduction.

What does my child learn?

Water comfort, floating skills, basic kicks, safe pool entry and exit, and parent-assisted movement.

Is this a survival swim class?

No. This is a gentle introduction program focused on safety awareness, bonding, and confidence building.

What if my child cries?

That's completely normal! Our instructors guide families through gradual comfort techniques.

How do I register?

Visit apexswimclub.com or call 609-379-9449 to enroll.

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Phone: 609-379-9449
Website: apexswimclub.com