



## FAQ's

**Q:** Do I get in the water with my child?

**A:** Yes, one or both parents accompany the child during the lesson.

**Q:** What should my child wear?

**A:** Children who are not toilet-trained should wear swim diapers, which are made to repel the pool water and available at many grocery and drug stores.

**Q:** What temperature is the water?

**A:** The exercise pool is kept at a warm 90 degrees.

**Q:** Will I dunk my child underwater?

**A:** No, our instructors teach parents how to correctly submerge a child using verbal and physical cues, ensuring a positive experience.

**Q:** What is my child cries most of the class?

**A:** Feel free to stay in the water, pulling yourself and your child away from the group. Free play on the bench or ramp helps your child transition back into the class.

**Q:** Does every session teach the same skills?

**A:** Our sessions build upon fundamental water development skills, as participants gain move through the course, new progressions will be introduced so you and your child continue advancing.

If you have any other questions, please feel free to contact  
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