



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring YMCA 2019 Infant Swim Lessons (Ages 3 months to 3 years)

Session 1 Dates (4 classes): March 4, 5, 7, 11

Class Days: Monday (2), Tuesday, Thursday

Times: 5:15pm - 6:00pm

Cost: \$35/Members; \$55/Public

Learn basic water skills with your child, along with informative water safety. Enjoy time with your child and learn rudimentary swim techniques such as bubble blowing, floating, arm pulls, and kicking. Parents/infant-toddler swim lessons not only provide much-needed exercise for babies, but they also allow the parents/guardians with an opportunity to bond with their baby.

Research shows that children who learn water safety skills also reap benefits in overall cognitive, physical and emotional development...and it may also save their lives!

A parent/guardian must get in the pool with their child for each class. "Little Swimmers" water-proof diapers are required. Bath toys are welcomed.



RANDOLPH-ASHEBORO YMCA

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