

PARENT & CHILD AQUATICS

6 MONTHS - 3 YEARS*

BUILDS BASIC WATER SAFETY SKILLS FOR BOTH PARENTS AND CHILDREN, HELPING INFANTS AND YOUNG CHILDREN BECOME COMFORTABLE IN THE WATER SO THEY ARE WILLING AND READY TO LEARN TO SWIM. THESE BASIC SKILLS INCLUDE ADJUSTING TO THE WATER ENVIRONMENT, SHOWING COMFORT WHILE MAINTAINING A FRONT OR BACK POSITION IN THE WATER & DEMONSTRATING BREATH CONTROL (INCLUDING BUBBLES OR VOLUNTARILY SUBMERGING UNDER WATER).



Wednesdays: Oct 8-Oct 29

4:45 - 5:15pm (ages 6 m - 18m)

5:15 - 5:45pm (ages 18m - 3yrs*)

*participants up to 3 yrs, 11 m

-or-

Wednesdays: Nov 5–Nov 26

5:00 - 5:30pm (ages 6 m - 18m)

5:30 - 6:00pm (ages 18m - 3yrs*)

*participants up to 3 yrs, 11 m

Members register starting 8/28 @6:30pm

***Universal register starting 9/2 @6:30am**

@THE REC CENTER FRONT DESK

Members: \$20

Universal: \$24

