

# 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 Sept. 11 - Oct. 2

- or -

Wednesdays Oct. 9 - Oct. 30

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

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

\*Members register starting 8/26

\*Universal register starting 9/3

*@THE REC CENTER FRONT DESK*



Members: \$20

Universal: \$24

