



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PARENT/CHILD SWIM CLASSES

### 6 Months – 4 Years

While following guidance from an instructor, you will bond with your child while they experience, explore and enjoy the water. One adult must accompany each child in the water. Swim diapers are required for those children who are not potty trained.

### Shrimp

#### 6 – 12 months

Bond with your child while participating in interactive fun games, songs and activities as they become more comfortable in and around the water.

### Perch

#### 13 months – 24 months

Join us to become your child's first swim instructor! You'll expand on your child's comfort level in the water and be introduced to pre-swimming skills through games, songs and other activities.

### Mighty Mite

#### 2 – 4 years

With guidance from your instructor, you will work one on one with your child focusing on basic swim skills and building confidence in and around the water.

## Where do we go at the YMCA?

**Locker rooms:** Children are not allowed in the women's and men's **adult** locker rooms.

Downtown: Please use the boys or girls locker rooms.

Broadview: Please use the youth locker rooms.

West Side & East Side: Dads with sons – use the Family section of the male locker room

Moms with daughters – use the Family section of the female locker room

Parents with children of the opposite sex – use the "Green" locker room at West Side and the "Family" locker room at East Side

Please wait on the deck in a place that allows a departing class ample room to leave. "Swim" diapers must be worn; no diapers of any other kind are acceptable. Swim diapers are available at the YMCA front desk. The safety of the children is the parent's responsibility at all times at the YMCA; and please do not enter the water until your teacher indicates it is time to do so.

### 1. Who may come to class with us?

Both parents are encouraged to participate and make it a special family outing. Friends and visitors may watch from the viewing areas at the East Side & West Side centers, and from the balcony at Broadview. At the Downtown YMCA visitors may view from the deck in the training pool **only during Parents Week – the last week of classes.** Sorry, for safety's sake, no siblings or other children are allowed to be on the deck.

**Have a wonderful time in class, and please let our staff know if we can be of assistance to you!**

Broadview – 436-9589

Downtown – 436-9672

West Side – 436-9518

East Side – 436-1246

#### YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.