



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

11/11

PARENT/CHILD GYM and SWIM PROGRAMS

First Bugs & Swim – Stable walking to 2 years
Parent/Child Gymnastics & Swim – 2 - 4 years
Parent/Child Sports & Swim – 2 - 4 years
Parent/Child Dance & Swim – 2 - 4 years

Welcome to these special YMCA combo programs that offer a special time for you to share with your child in two fun environments. For safety's sake, **at least one adult must accompany each child in the gym and the pool**, and only the child registered for class may participate (no siblings on the side, please). One adult cannot accompany two children, but another adult is welcome! While you are both having a good time, you will be learning techniques for safely working and playing in the gym and water. A big PLUS for class is that all children have their own individual teachers – the parents. Lots of turns and special fun! Here are answers to some frequently asked questions. We hope this information will help you and your child look forward to class with confidence and excitement.

1. What should we do to get ready for class?

If swim class is first, you may want to put suits (and swim diaper) on at home, to save the changing time in the locker rooms. If swim class is second, pack a swimsuit (and swim diaper) for you and child, a standard size bath towel for each of you and shampoo for showering after class.

2. Where do we go at the YMCA?

If you don't know if gym or swim is first, ask the front desk if your child's class has gym or swim first. For both classes, ask to be directed to the correct gym and locker room, for the swim portion of the class.

For the gym portion of the class, please wear comfortable play clothes. Children are encouraged to be barefoot in the gym; however, they are welcome to wear gym shoes. Dance shoes are optional for Parent/Child Dance.

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

For the swim portion of the class, 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.

3. What will we be doing in class?

First Bugs will enjoy movement exploration activities that will build hand-eye coordination, strength, motor skills and social development. Themed songs and activities change each session.

Parent/Child Gymnastics will learn the joy of moving while you sing, run, jump, climb, exercise and play. Tumbling and pre-gymnastics activities are the soul of this class. Social development through teamwork will be stressed through fun activities – some of which utilize our obstacle course and parachute.

Parent/Child Sports will build solid, pre-sport skills in fun activities that help them learn to run, jump, hop, balance, catch and kick. Skills and drills will have you and your child participating in modified games that are fun and non-competitive.

Parent/Child Dance will use a variety of music makers, such as tambourines, bells, drums, shakers, and more. Children will move and groove to the fun and all kinds of rhythm and dance movement activities. Basic dance skills and terms will be introduced.

In the pool, each class includes songs, games, instruction, and finishes with play time. Songs and games help you and your child relax, have fun, and are definitely part of the learning experience. Your instructor will introduce appropriate techniques for safely handling your child in the water.

During play time, you and your child may enjoy the water in your own special way. The YMCA provides toys, and equipment, and your instructor will also be available at that time for questions and individual help.

Parent/child aquatic classes should **NOT** be considered learn-to-swim classes. These are aquatic readiness classes which focus on fun and pre-swimming skills. Children do not go under the water until they are ready to initiate that action on their own.

Parent/Child Swim Classes:

6 months – 4 years

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.

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 they 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.

4. Who may come to class with us?

Both parents are encouraged to participate and make it a special family outing. For the swim portion of the class, friends and visitors may watch from the viewing areas at West Side and East Side, 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 deck.

5. When can we re-enroll for the next session?

Registration dates are published in the Program Guide. To avoid disappointment, follow this schedule carefully and enroll at your earliest possible opportunity. You may enroll at any YMCA Front Desk, by calling 436-9595, or on line (www.greenbayymca.org). Discover, Mastercard and Visa are accepted.

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