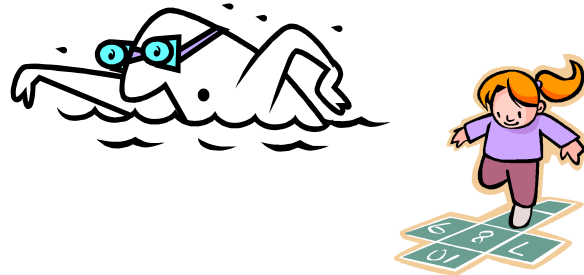


Y SWIM & GYM



This program is a combination of the current Preschool Swim Lessons and Tiny Tots/ Tiny Tumbling Program. YMCA Gym & Swim is fun fitness for children 2-5 years old. Gym and Swim is designed to help your child improve flexibility, coordination, and large motor development. Learning to follow directions and social interaction with other children in a class environment is also a plus.

Tuesday & Thursday

Fees:

YMCA Member \$ 22

Non Member Participant \$ 44

10W1 (Jan. 4th - Jan. 29th)

10W2 (Feb 1st - Feb 26th)

2 & 3 yr. old with Parent- Swim: 9:00- 9:30 AM Gym: 9:45- 10:15 AM

This class includes gross motor skills where a parent/guardian interact with child throughout class. Both parent and instructor help the child learn basic skills and safety.

4 & 5 yr. old without Parent- Swim: 9:30 - 10:00 AM Gym: 10:15- 10:45 AM

(we ask that participants come in with swimsuit already on under gym clothes)

This class is designed for preschoolers who are comfortable without parent supervision. Children are taught a variety of skills including body awareness, water adjustment, courtesy and cooperation, basic swimming and tumbling skills with emphasis on safety education.