

SWIM@EMJC

East Midwood Jewish Center 1625 Ocean Avenue (between Aves. K & L) Brooklyn 11230
swim@emjc.org or 718.285.0405

Parent-Child Aquatics

Parent-Child Aquatics is for infants & toddlers, ages 6 months to 3 years. It's also for their adult pool partners. Our classes are about having fun with your child, developing comfort in the water, and promoting child safety in and around the pool. Activities are based on the developmental abilities of each child. We introduce basic movements through a wide variety of games and water equipment.

Our instructors have lots of experience, our water is warm, and we welcome everyone.

Classes meet weekly. Select Friday or Sunday.
Classes at 10:30am, 11:15am, and noon.
8 classes per cycle / \$144.00



Winter-Spring 2011

cycle one

Friday	Sunday
January	
7	9
14	16
21	23
28	30
February	
4	6
11	13
18	20
25	27

cycle two

Friday	Sunday
March	
4	6
11	13
18	20
25	27
April	
1	3
8	10
15	17
29	May 1

cycle three

Friday	Sunday
May	
6	8
13	15
20	22
27	29
June	
3	5
10	12
17	19
24	26



Molly Balfe has experience working with swimmers of all ages and abilities. She is a swim instructor for Asphalt Green and Jack Rabbit, and a triathlon coach for the Brooklyn chapter of Team In Training. She is currently pursuing her Masters degree at Columbia University's Mailman School of Public Health, with a focus on family health. Molly is a USA Triathlon Level I certified coach, and holds Lifeguarding and CPR, First Aid, and AED certifications through the American Red Cross.

Water Folly with Molly! Get Wet with Harriet!

Harriet Rhine has been teaching children for more than 40 years. Following her long career as a public school teacher, Harriet worked at the Maple Street Nursery. Once her two sons were launched on their college paths, Harriet decided to combine her love of the water with the rewards of teaching. After training with the American Red Cross and receiving certification as a Water Safety Instructor, Harriet began teaching parent-child aquatics. She's been at the Dodge YMCA for the past five years. More recently, Harriet has begun working with non-swimming seniors. "It changes their lives!" she says.



essentials for your swim bag:

- swim diaper!
- one or two towels
- combination lock to secure your belongings
- swim cap for any hair that's chin length or longer
- flip flops, Crocs, or similar deck footwear

also helpful:

- chamois sports cloth (dries hair and skin quickly)
- gentle soap
- moisturizer for after swim
- goggles
- earbands



swimming resources:

JackRabbit Sports, 151 7th Avenue in Park Slope
www.keifer.com

Register at SWIM@EMJC.ORG or call 718.285.0405

All fees and forms must be completed in full before the first cycle of classes for which you enroll.

Missed class policy: Families are welcome to make up any missed classes. There are no refunds for classes not taken. See registration materials for more information.

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