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# SWIM@EMJC

## 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.

**On Sundays, we also offer a skills-building class for older kids.** Until each child reaches competence, an adult may need to be in the pool to support instruction. The instructor will decide the best arrangement for each child.

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

Classes meet weekly. **Friday** classes are at **10:30** and **11:15**.

**Sunday** classes are at **10:30**, **11:15**, and **noon**.

7 classes per cycle / \$140.00

**Older kids** skills class meets on **Sundays** at **9:45**.

7 classes per cycle / \$140.00.



## 2013-14 October-June schedule

### cycle 1

**Friday**      **Sunday**

10/11      10/13  
10/18      10/20  
10/25      10/27  
11/1        11/3  
11/8        11/10  
11/15      11/17  
11/22      11/24

### cycle 2

**Friday**      **Sunday**

12/13      12/8  
12/20      12/15  
1/3        12/22  
1/10      1/5  
1/17      1/12  
1/24      1/19  
1/31      1/26

### cycle 3

**Friday**      **Sunday**

2/7        2/9  
2/14      3/2  
2/28      3/9  
3/7        3/16  
3/14      3/23  
3/21      3/30  
3/28      4/6

### cycle 4

**Friday**      **Sunday**

4/11      4/27  
4/25      5/4  
5/2        5/11  
5/9        5/18  
5/16      6/1  
5/23      6/8  
5/30      6/15

**make-up dates** Fridays: 12/6, 4/4, 6/6 & Sundays: 2/2, 6/22.

**Norma Hirsch** has been an avid swimmer since she was 5 years old and took her first swim class at the YWCA. Once she turned 16 she earned her Water Safety Instructor certification, and has since gained years of experience teaching individuals and group classes with people of all ages and abilities. As a working college student, she's been a swim instructor at the Atlantic Avenue YWCA and the Dodge Y. For the last five years, she's also been the Aquatics Director at the summer camp program at the Center for Family Life in Sunset Park. Norma is currently preparing for graduate school to become an occupational therapist, where she can combine her desire to be of service to others, her natural abilities, teaching skills, and her warmth towards others.



**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 taught at the Dodge Y for over 5 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:*

- rashguard or other insulating top layer
- chamois sports cloth (dries hair & skin quickly)
- gentle soap – must shower before swimming!
- moisturizer for after swim
- goggles for sensitive eyes



### *swimming resources:*

JackRabbit Sports, 151 7th Avenue in Park Slope  
[www.keifer.com](http://www.keifer.com)

*register at [SWIM@EMJC.ORG](mailto: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.**

**\$140** first child; **\$250** for two children from the same family.

We require 1 child : 1 adult in the pool at all times.

Instructor determines adult support in older kids swim group.

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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