



AQUATICS

Parent & Me

Parent & Me is a water readiness class to prepare children ages 6 months to 6 years to learn basic swimming skills and to teach parents how to help their child interact positively with the water. Skills include becoming adjusted to the water and the pool environment, blowing bubbles, arm and leg movements, voluntarily allowing water submersion, and being comfortable floating on tummy and back with assistance. Lessons are held in groups.

Location: Indoor Pool at Main Club- 825 Jones Road, Yuba City CA 95991

Cost: \$45/Session, 8 half-hour classes.

Session 1: 3/4-3/14

Thursdays 6:00pm, Fridays 6:00pm, Saturdays 11:30am, Sundays 11:30am

Session 2: 3/18-3/28

Thursdays 6:00pm, Fridays 6:00pm, Saturdays 11:30am, Sundays 11:30am

Session 3: 4/1-4/11

Thursdays 6:00pm, Fridays 6:00pm, Saturdays 11:30am, Sundays 11:30am

Additional Information: Children who are not potty trained must wear a swim diaper at all times. Parent must be in the water with their child at all times.

* Cancellation Policy: Cancellations received less than 24-hrs in advanced are charged the full rate. No refunds.

PARENT & ME REGISTRATION FORM 2010

S17

Swimmer Name: _____ **Age:** _____

Session (Circle): 1 2 3 **Cost:** \$45

Parent / Guardian Name: _____ **Phone Number(s):** _____

Payment: Check # _____ or House Charge Signature: _____ Date: _____

If other (credit card, cash, etc) accounting department will contact you directly.