



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INFANT WATER SAFETY BASICS

PARENT AND BABY COURSE INDIANOLA YMCA



These classes are designed for the parents of babies ages 4mo-12mo. Infant Water Safety Basics aims to help parents understand and practice foundational skills, which will lead to “survival swimming” competencies. Under the guidance of the instructor and hands-on parent, babies will:

- Experience how their bodies behave in water through a variety of movements
- Become familiar with the key water positions needed for later independent swimming
- Complete “Bathtub Homework” which allows for additional skill practice

Session 1: 4mo-8mo

- **DAY / TIME:** Saturdays, 10:00am—10:30am
- **DATES:** November 1st– December 19th (there will be no lessons the week of November 22nd)
- **COST:** Members—\$55 Non-members—\$80

Session 2: 9mo-12mo

- **DAY / TIME:** Saturdays, 11:00am—11:30am
- **DATES:** November 1st– December 19th (there will be no lessons the week of November 22nd)
- **COST:** Members—\$55 Non-members—\$80

**This course is not “survival swimming” and will not include full submersion, independent roll-over, float/swim*

Financial assistance is available to both members and non-members