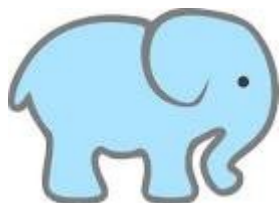


Mommy & Me Swim Program

At Chesterfield Family Center



This program is for children ages 6 months up to 3 years. During a session, parents will attend six classes and be in the water with their children as they are guided through a variety of pre-swimming fundamentals. This class will give you an opportunity to meet other parents and introduce water skills to your kids in a fun and exciting way!

Cost:

\$40 per member student per session
\$50 per non-member student per session

*Classes take place every Tuesday
from 9:15-10am*

Registration Information

Please register no later than Friday at Noon before the session you plan to attend. If there are not enough students registered, a session will be cancelled.

Three Ways To register:

1. **Save time and register online!** Simply click the session link and follow registration instructions.
2. **Visit** Chesterfield Family Center and fill out a registration form.
3. **Print** a registration form off of our website at parkboard.org/aquatics, and mail it in with payment.

*There will be no classes
March 7-11 due to SPS
Spring Break*

Session Dates:

Session 1:
[January 5-February 9](#)

Session 2:
[February 16-March 29](#)

Session 3:
[April 5-May 10](#)



*See reverse side
for more detailed
information



Chesterfield Family Center Aquatics Class Description

Welcome to Chesterfield Family Center. Thank you for registering for our class. Below is some information that will help familiarize you with the class format. If you have any questions, please feel free to let us know.

Name of Class: Mommy and Me

Class Starts: 9:15am

Class Ends: 10:00am

Class Room: Pool

Objective/ What will be taught: This program is for children ages 6 months up to three years old. In this program parents will get to guide their children through a variety of pre-swimming fundamentals including floating, blowing bubbles and going under water.

Class Information/ Guidelines:

- Bring a swim suit and towel every day. Children who are still in diapers must wear a swim diaper when in the pool.
- Each class consists of 45 minutes of instruction from a certified American Red Cross Water Safety Instructor. They will use toys such as rubber ducks and kickboards along with modified nursery rhyme songs to stimulate the interest in learning of the child while in the water. **Some of the songs include “The Wheels on the Bus”, “Hokey Pokey” and “If You’re Happy and You Know It”.**
- Family changing rooms are available for families that have both male and female participants.
- Please shower before entering the pool, showers are available in both the family changing rooms as well as the men’s and women’s locker rooms.
- You will be asked to complete a program evaluation form for this class so please be thinking of things as you participate to provide better feedback so we can further assist your needs in our classes.
- Makeup classes: Due to time constraints we do not do makeup classes if a student is unable to make it to a class. If class is canceled due to inclement weather, an announcement will be made regarding the date for the makeup class.
- Please check in with the front desk each time you come in to let them know you are here for the Mommy & Me program.

Refund Policy: If you decide to cancel your registration for our program, a refund request form MUST be filled out and returned at least five business days prior to the start of the program you are registered for; All approved refunds will be charged a \$10.00 processing fee.