

MOMMY & ME SWIM PROGRAM

This program takes place at Doling Family Center and 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!

2020 Spring Sessions

Session 1:

February 6 – March 12

Session 2:

March 26 - April 30

Members: \$40 per session Non-Members: \$50 per session

Classes are **Thursdays at Doling Family Center from 10:30-11:15 a.m.**

Three Ways to Register

Save time and register online at **ParkBoard.org/Aquatics**
Click “Register Now” and search “Mommy & Me”

Register onsite at
Doling Family Center

Print a registration form from our website at **ParkBoard.org/Aquatics** and mail with payment

Registrations must be received no later than 12 p.m. the Friday before the session begins. Cancellations will be made at that time if there is low enrollment.



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MOMMY & ME SWIM PROGRAM

What: Mommy & Me

When: Thursdays from 10:30-11:15 a.m.

Where: Doling Family Center pool

Objective/ What will be taught:

This program is for children ages 6 months up to three years old. In this program parents will 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 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 may 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.

Questions? Call 417-874-2816

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 processing fee.