



YMCA of Paterson Mommy & Me Swim Lessons

At mommy and me classes, you can play, bond and move with your baby and toddler!

At the Paterson YMCA our Mommy and Me classes aren't just for mommies. Kids ages 6 months – 5 years are free to explore, create and learn with their mom, dad or any caregiver .

This is your first opportunity to expose your infant to the wonderful world of water and safety. The focus for this class is to ensure your baby's first experience is a positive one by guiding both the baby and parent in basic water orientation. You and your child will experience a class filled with personal safety skills, beginner swimming techniques and basic water adjustment.

**Tuesdays and Thursdays
6:00pm-6:45pm**

Monthly sessions last four weeks and begin the first Tuesday of every month. The last scheduled class of the month is reserved for open swim.

Children are required to wear a swim diaper .

Registration is held and prequired the last week of the month prior to the next monthly session and is on a FIRST COME, FIRST SERVED basis. NO EXCEPTIONS.

Minimum of five (5) persons is required for each session.

Fee:	Annual Members	\$55 per four week session
	Non-members	\$75 per four week session.

Must be an ANNUAL member in order to receive promotional rate

QUESTIONS OR COMMENTS:

**YMCA of Paterson
Aquatics Department
128 Ward Street
Paterson, NJ 07505**

**Phone: 973-684-2320
ex. 40
Fax: 973-684-3089**

