

JUMP IN AND SWIM

"Jump In and Swim" is designed to help children and adults learn basic swimming skills and water safety practices. Learning these skills helps to build confidence and self-esteem. Swimmers will grow stronger in body, mind and spirit.

Participating Agencies: White Plains Recreation and Parks, White Plains City School District, White Plains YMCA, YWCA White Plains & Central Westchester, White Plains Youth Bureau and White Plains Hospital.

Get your cap & goggles and snorkel your way through FREE learn to swim activities!

Pre-registration may be required. Contact the sponsoring agency for requirements.

WHITE PLAINS RECREATION AND PARKS

85 Gedney Way • (914) 422-1336
Call to pre-register for all programs
Programs are held at White Plains High School
www.CityofWhitePlains.com

Friday, March 18, 7pm:
Swim Clinic w/ U.S. Olympian, Chloe Sutton (limited)
Saturday, March 19, 1:30-2:15pm
Water Olympics - Beginners
Saturday, March 19, 2:15 -3pm:
Water Olympics -Intermediate to Advanced
Saturday, March 19, 3pm - 3:45pm:
Aqua Zumba Pool Party (teen to adults)

YWCA WHITE PLAINS & CENTRAL WESTCHESTER

515 North Street • (914) 949-6227
Call to pre-register for all programs
www.YWCAWPCW.org
Monday, March 21, 1:45-2:30pm:
Learn to Swim- Beginner
Wednesday, March 23, 10:30 am - 11:15 am:
Aqua Zumba
Wednesday, March 23, 1:45-2:30pm:
Learn to Swim- Intermediate
Thursday, March 24, 1:45 -2:30 pm:
Learn to Swim- Advanced
Saturday, March 26, 1:00 - 2:00 pm:
Pool Party

WHITE PLAINS YMCA

250 Mamaroneck Avenue • (914) 949-8030 Call
to pre-register for all programs
WHITEPLAINS.YMCA-CNW.org
March 21 - March 25, 9am - 6pm:
Splash Week- Free instruction
Saturday, April 2, 2:30pm:
Swim Jamboree - activities and games for families

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CITY OF WHITE PLAINS

