



*Jump in and Swim* is designed to help children and adults learn the basics of swimming and water safety practices. Learning these skills helps to build confidence and self-esteem.

Participating Agencies: White Plains Recreation and Parks, White Plains City School District, YWCA White Plains & Central Westchester & White Plains Youth Bureau. \*Pre-registration may be required. Contact the hosting organization for requirements.\*

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

## WHITE PLAINS RECREATION AND PARKS

**85 Gedney Way – (914)422-1255 – [www.cityofwhiteplains.com](http://www.cityofwhiteplains.com)**

**(Swim programs held at White Plains High School – 550 North Street)**

**Saturday, March 16, 1:00pm:** Water Safety Clinic  
(Space Limited, 7 years and older, must call to register)

**Friday, March 22, 7:00pm:** Free Family Swim Game Night

**YWCA WHITE PLAINS & CENTRAL WESTCHESTER**  
**515 North Street – (914)949-6227 – [www.ywcawpcw.org](http://www.ywcawpcw.org)**

**Monday, March 18**

**8:30pm-9:30pm**

Open Swim- All ages

**Tuesday, March 19**

**11:00am-11:30am**

Baby Fish Class (6 - 18 months)

**Wednesday, March 20**

**10:00am-10:45am**

Aqua Zumba Class-(16 & older)

**Thursday, March 21**

**10:00am-10:45am**

Gentle Aquacise (16 & older)

