



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

(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

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)

