

JUMP IN AND SWIM MONTH

“Jump In and Swim Month” 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 of White Plains, White Plains Youth Bureau and White Plains Hospital.

Get your cap and goggles and snorkel your way through a month of FREE learn to swim activities!

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

White Plains High School 550 North Street – www.whiteplainspublicschools.org (click on athletics)

Wednesday/Thursday, March 6 and 7: Sibling Swim, 3:30 – 5:30pm at White Plains High School

White Plains High School Students and Staff are invited to bring their siblings and family members for a late afternoon swim under the guidance of the White Plains High School Swim and Diving Teams. All level of swimmers welcome.

White Plains Recreation and Parks 85 Gedney Way – (914) 422-1336 – www.CityofWhitePlains.com

Friday, March 15 – Family Fun –Open Swim -7-9pm at White Plains High School (registration not required)

Saturday, March 16 – Learn to Swim – Open House at White Plains High School (Pre-registration required)

- 10:30am – Parent/ Tot Swim
- 11:15am - Level 1 – New Swimmers, Introduction to Swim for Youth
- Noon - Level 1 – New Swimmers, Introduction to Swim for Youth
- 12:45pm – Level 2 – Advanced Swimmers , Youth
- 1:30pm – Intro to Water Aerobics/ Zumba Class for adults

March 22, 25, 26, 28 - Lifeguard Training – See P. ?? of City Guide (Fee required)

White Plains YWCA 515 North St. – (914)949-6227 – www.YWCAWPCW.org

Tuesday/Wednesday, March 19 and 20 - 10am and 10:30am - Parent/Toddler Swim

Thursday, March 21 - 10:30am and 11am - Pre-School Swim Class

Thursday, March 21 – 10:30am – Adult Learn to Swim class

Friday, March 22 – 8pm and 8:45pm – Youth Swim Class



White Plains YMCA 250 Mamaroneck Ave. - (914)949-8030 – www.YMCA-CNW.org

Monday – Friday, March 25 – 29, 9am – 6pm: “Splash Week”

This is a YMCA learn-to-swim initiative for beginner-level participant’s ages 3-11yrs old. The primary purpose of Splash Week is to encourage youth to begin to learn basic swimming skills and water safety practices. Splash Week is free, but registration is required. Interested families can begin registering via phone or in-person beginning at 7am on Saturday, February 23, 2012. Space is limited so don’t hesitate!

Jump in and Swim Month will conclude with a jamboree of swim activities for the entire family on Saturday, March 30, 2pm – 5pm at the White Plains YMCA, 250 Mamaroneck Ave.



All are welcome!