



# PARENT & CHILD CLASSES

SALEM FAMILY YMCA | 685 Court St. NE, Salem | 503 581 9622



## WATER DISCOVERY

6 months - 3 years old

With our lifeguards on duty, and a Y instructor in the water, this class encourages bonding between parent and child, while teaching basic water safety skills.

Parent and child will learn basic skills including kicking, floating, blowing bubbles, and basic holds. We'll sing songs, play games, have fun, and work together to get both parent and child comfortable in the water.

\$30 Member | \$55 Non-Member

### 5 Week Session Times:

April 3 - May 4 | May 8 - June 8  
Mon. & Wed. 9:30A - 10A  
Tues. & Thurs. 11:15A - 11:45A  
Tues. & Thurs. 5:45P - 6:15P

### 10 Week Session Times:

April 8 - June 11  
Saturday 9:30A - 10A  
Saturday 11:15A - 11:45A



## DANCE & MUSIC

6 months - 3 years old

Music and dance are a natural part of life for toddlers. They might sing to their stuffed animals, tap their feet to the rhythm of nursery rhymes, and enjoy the sound of their parents singing. Music and dance can kick-start learning, serve as an important cue in a child's routine, and offer lifelong benefits.

This class features singing, percussion instruments, and moving to the music to gain a sense of appreciation for rhythm and melody. Parents join in the fun and help guide their children through activities.

\$30 Member | \$55 Non-Member

### 6 Week Session Times:

Classes start April 7th.  
Friday 9:30A - 10A



## SWEET PEA YOGA

Strong Walker - 3 years old

Partner with your child in simple animated poses, games, art, music and breathing exercises that help to strengthen coordination and build body awareness.

We'll bark in downward dog, hiss in cobra pose, and flutter our wings in butterfly, while we take a yoga journey that your child will never forget!

This fun class provides key bonding methods between parent and child, while strengthening their growing muscles.

\$30 Member | \$55 Non-Member

### 6 Week Session Times:

Classes start the week of April 3rd.  
Tuesday 6P - 6:30P OR  
Friday 10:15A - 10:45A

**MULTI-CLASS PACKAGE - Sign up for all three classes for \$75 Member | \$140 Non-Member**