



Water Comfort Class

A gentle introduction to the joys and simple pleasures of being at ease in water

This small-group class will take place in the shallow section of the pool and is designed for individuals with no swimming experience and those with water-related trauma. We will cover some methods of moving beyond past trauma or fears. Please note that this class DOES NOT replace the care of a licensed clinical therapist.

We will go over how to comfortably:

- Learn to blow bubbles
- Float
- Move through the water

Richmond Plunge
Fridays 9/23-10/21/22
10:30-11:30am

\$50 Richmond residents/\$62.50 non-residents

**If you are interested in learning more, contact
Paula Cooper-Tipton at
510-620-6831 or paula_cooper-tipton@ci.richmond.ca.us**

Register online at:

<https://apm.activecommunities.com/richmond>