

Mommy & Me class is a summertime escape

By **Gwyneth Hyndman**

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Piper Waltener, 2, pulls excitedly at her bathing suit while her mother, Penny, slathers suntan lotion on her before their Monday morning Mommy & Me class at the Baker Swim Complex.

The Walteners are one of several pairs who are taking part in the course that introduces toddlers to water sports in a safe, non-threatening environment that on a July mid-morning, is a welcome relief from the heat.

"When we first got out of the car, I asked Piper if she was ready to go swimming," Penny said, from the cool water of the pool. "She was like, 'yeaaaaah!'"

Swim instructor Samantha Masai said that it is encouraging to watch kids developing a love for aquatics at an early age.

"The class really helps in getting children exposed to the water," Masai said.

"This is my second session teaching Mommy & Me and I really enjoy it."

For Penny, it is worth the drive from North Fork to the Yosemite High School campus to have the 45-minute swim time during the summer months with her daughter.

Piper, who clearly loves the water as much as her mom, practices jumping in and out of the pool and holding her breath underwater as Penny and Masai watch attentively.

Mommy & Me, recommended for children age 2 or younger, has no more than six pairs per class.

This makes for an intimate setting for the morning classes that are offered five days a week at 9:30, 10:15 and 11:45.

The Baker Swim Complex also offers diving instruction, water aerobics, water polo and masters and adult fitness swimming, as well as open public and recreational swimming.

The next two sessions will be July 18 to 29 and Aug. 1 to 12.

For more information on the Baker Swim Complex at Yosemite High School, call (559) 683-1987. Information can also be found on their Web site www.yosemiteuhsd.com/pool



Mommy & Me is a fun first exposure to the water.
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Sharing the pool with a water aerobics session, Piper Waltener paddles from her mom, Penny, to her instructor, Samantha Masai, during the 11:45 a.m. Mommy & Me class.
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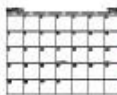
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49165 Crane Valley Rd [426] | PO Box 305 | Oakhurst, CA 93644-8621
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