

# Vamos a Nadar



## American Red Cross

Serving Sonoma, Mendocino  
and Lake Counties

La Cruz Roja Americana de los Condados de Sonoma, Mendocino y Lake quiere invitar a la comunidad a participar en el octavo evento anual "Vamos a Nadar."

Una clase de natacion gratis para los niños  
(no niños menores de 5 años)

Clase de prevencion de accidentes acuaticos  
para los adultos

The American Red Cross, Sonoma, Mendocino & Lake Counties, invites the community to the eighth annual "Let's Go Swimming" event.

What: ONE FREE SESSION OF  
SWIM LESSON FOR THE KIDS  
(no children under 5 years of age)  
FREE WATER SAFETY  
FOR THE PARENTS

## 6 LOCALIDADES

Sabado, 30 de Abril Centro de Natacion de Healdsburg  
1:00 pm a 4 pm

Domingo, 22 de Mayo Centro Acuatico Finley, Santa Rosa  
1:00 pm a 4:00 pm

Sabado, 4 de Junio Piscina Honeybee, Rohnert Park  
9:00 am a 12:00 pm

Sabado, 18 de Junio Piscina Ives, Sebastopol  
9:00 am a 12:00 pm

Domingo, 10 de Julio Piscina de Windsor  
9:00 am a 12:00 pm

Sabado, 16 de Julio Piscina de Cloverdale  
10:00 am a 1:00 pm

## 6 LOCATIONS

Saturday, April 30 Healdsburg Swim Center  
1:00 pm to 4:00 pm

Sunday, May 22 Finley Aquatic Center, Santa Rosa  
1:00 pm to 4:00 pm

Saturday, June 4 Honeybee Pool, Rohnert Park  
9:00 am to 12:00 noon

Saturday, June 18 Ives Pool, Sebastopol  
9:00 am to 12:00 noon

Sunday, July 10 Windsor Pool  
9:00 am to 12:00 pm

Saturday, July 16 Cloverdale Pool  
10:00 am to 11:00 pm

Traiga a la familia y no se olvide del traje de baño para los niños

AL FINAL, SE DARAN CUPONES DE DESCUENTO  
PARA CLASES DE NATACION EN LOS CENTROS  
ACUATICOS DE SANTA ROSA, SEBASTOPOL,  
ROHNERT PARK, WINDSOR, Y HEALSBURG.

POR FAVOR CONTACTE A LA CRUZ ROJA  
AMERICANA PARA RESERVAR SU CUPO  
(CUPO LIMITADO) (707) 577-7624 O ARCSM.ORG

Bring the family, and bring swimsuits for the kids.

DISCOUNT COUPONS WILL BE AVAILABLE  
FOR SWIM LESSONS IN SANTA ROSA,  
SEBASTOPOL, WINDSOR, HEALSBURG  
AND ROHNERT PARK.

PLEASE CONTACT THE AMERICAN RED  
CROSS TO REGISTER FOR THIS EVENT.  
(LIMITED SPACE) (707) 577-7624 OR ARCSM.ORG

Para registrarse 577-7624 o [arcsm.org](http://arcsm.org)