



Free Youth Swim Classes

Ages 6 -14
Adams Street R- Center, 85 Adams Street
Call 428-7456

Session	Registration	Wednesday	Saturday	No class
Fall	9/15 - 10/3	10/3 - 11/21	10/4 - 11/22	
Winter	12/1 - 12/5	12/5 - 2/13	12/6 - 2/14	12/26 - 1/3
Spring	2/23 - 2/27	2/27 - 4/24	2/28 - 4/4	4/3 & 4/4

Swim Level Requirements:

- Level 1:** Introduction to Water Skills; No previous instruction, cannot swim
Level 2: Fundamental Skills; Comfortable and goes underwater, floats with help
Level 3: Stroke Development; Floats and swims on front and back, 15 ft.
Level 4: Stroke Improvement; Can do front & back crawl, 15 yds.
Level 5: Stroke Refinement; Can do front & back crawl, elementary backstroke, breast & butterfly stroke, 25 yds.
Level 6: Personal Water Safety, fall and spring only
Level 6: Fitness Swimmer, winter only

Class Schedule:

Level	Friday	Saturday
PreSchool:	6 - 6:30 p.m.	11 - 11:30 a.m.
Level 1:	7 - 7:30 p.m.	10 - 10:30 a.m.
Level 2:	6:30 - 7, 7:30 - 8 p.m.	10:30 - 11 a.m.
Level 3:	6:30 - 7 p.m.	10 - 10:30 a.m.
Level 4:	7 - 7:30 p.m.	10:30 - 11 a.m.
Level 5:	6 - 6:30 p.m.	11 - 11:30 a.m.
Level 6:	6 - 6:30 p.m.	11 - 11:30 a.m.

Please register on back and return to Adams Street Community Center.

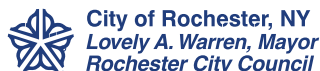
Additional swimming opportunities in the community may be available for Winter 2013-2014. Check www.cityofrochester.gov/swimlessons for updates.



Questions? Call 311 • www.cityofrochester.gov

Outside the City Call 428-5990

Believe.



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Class Registration

Return this filled out registration form to:
Adams Street Community Center, 85 Adams Street
Deadline for registration is: Fall-10/3, Winter-12/5, Spring-2/27

Choose a Session (Check One)

☐ Fall ☐ Winter ☐ Spring

Choose a Day (Check One)

☐ Friday ☐ Saturday

Choose a Level (Check One)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

Name _____

Address _____ Zip Code _____

D.O.B ____/____/____ Phone _____ Emergency Phone _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Email _____

- ☐ I would like to receive emails about swim lessons.
☐ I would like to receive emails about general pool information.

For Office Use Only

Date Received: _____

Received by: _____

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