



Learn to Swim Classes

Ages: 6-15

Adams St. Pool,
85 Adams St.
Call 428- 7456



Learn to Love the Water

Classes run from 6 - 8 p.m. on Fridays and from 10 a.m. to noon Saturdays. Please fill out registration form on back to get started.

Check www.cityofrochester.gov/swimlessons for updates.

Fall Sessions

Registration: 9/23 -10/17

Fridays: 10/18 - 12/13 (6 - 8 p.m.) Saturdays:
10/19 - 12/14 (10 a.m.-noon)
(No classes on 11/19 & 11/30/19)

Winter Sessions

Registration: 12/16 - 1/2/20

Fridays: 1/3 - 2/14 (6 - 8 p.m.)
Saturdays: 1/4 - 2/15 (10 a.m.-noon)

Spring Sessions

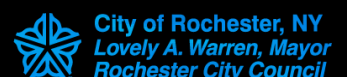
Registration: 2/03 - 2/27

Fridays: 2/28 - 4/3 (6-8 p.m.)
Saturdays: 2/29 - 4/4 (10am-Noon)

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, 15ft.
- Level 4: Stroke Improvement; Can do front and back crawl, 15 yds.
- Level 5: Stroke Refinement; Can do front and back crawl, elementary backstroke, breast & butterfly stroke, 25 yds.
- Level 6: Fitness Swimmer

**End of the Swimming Sessions Special Events for each at the end to be determined by Pool managers*





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Class Registration

Fill out this form and return to:
Adams St. Pool, 85 Adams Street

Name _____

Address _____ Zip Code _____

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

Parent/Guardian Name _____

Parent/Guardian Signature _____

Email _____

Choose a Level (Circle One) **Level 1** **Level2** **Level3** **Level4** **Level5** **Level6**

Choose Day (Circle One) **Fridays** or **Saturdays**

Choose a session (Circle One) **Fall Session** **Winter Session** **Spring Session**

Please fill out this form completely, including a valid email address. Incomplete registration forms will not be accepted. Updates to the program schedule, and information about upcoming events will be sent via email.