



Learn to Swim Classes

Ages: 6-15

Wilson Foundation Academy Pool,

200 Genesee St.

Call 428-7888

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.

Additional swimming opportunities in the community are available at Baden St. Pool.

Check www.cityofrochester.gov/swimlessons for updates.

Fall Sessions

Registration: 9/24 - 10/11

Fridays: 10/12 - 12/7

Saturdays: 10/13 - 12/8

No Classes on: 11/23 & 11/24

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*

Believe.



Lovely A. Warren, Mayor
Rochester City Council



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Class Registration

Fill out this form and return to:

Genesee Valley Sports Complex, 131 Elmwood Ave.

Name _____

Address _____ Zip Code _____

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

Parent/Guardian Name _____

Parent/Guardian Signature _____

Email _____

Choose a Level (Circle One) **Level 1** **Level 2** **Level 3** **Level 4** **Level 5** **Level 6**

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

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.

Believe.



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Rochester City Council