City of Rochester Bureau of Recreation
Youth and Preschool Swim Lessons
Adams Street Community Center Indoor Pool
School Year 2012-2013

Registration Form

Youth's name _____

Address (with zip) _____

Primary telephone number _____

Date of Birth _____ **Age** _____

Emergency phone number _____

Email address (optional) _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Students may register for only one session at a time, during the specified registration period. Registration is first-come, first served.

DELIVER OR FAX COMPLETED FORM TO:

Swim Lessons Program
City of Rochester Bureau of Recreation
Adams Street Pool
85 Adams Street
Rochester, NY 14608

Fax Number: 428-7269

For more information, contact Adams Street Pool at 428-7456.

Essential Information

During the 2012-2013 school year, half-hour Youth (ages 6-14) and Preschool (ages 4-5) sessions will be offered.

All lessons are held at the Adams Street Community Center Indoor Pool, 85 Adams Street.

Youth lessons will be on Wednesdays and Saturdays; Preschool lessons will be on Saturdays only.

Both Youth and Preschool Lessons are offered at multiple skill levels.

Youth lessons are FREE; Preschool lessons are just $30 per session (check made payable to City of Rochester Treasurer)

To get registered:

Are you interested in YOUTH (ages 6-14) or PRESCHOOL (ages 4-5) lessons?

If Youth, complete page 3.

If Preschool, complete page 4.

Free Youth Lessons (Ages 6-14)

1. Circle participant's skill level:

Level 1: Introduction to Water Skills (Water exploration; no previous instruction; cannot swim)

Level 2: Fundamental Aquatic Skills (Primary skills; Floats and puts face in water)

Level 3: Stroke Development (Stroke readiness, dives into deep water and swims 25 yards)

Level 4: Stroke Improvement (Swims 25 yards, crawl and elementary backstroke)

Level 5: Stroke Refinement (Swims 50 yards, front and back crawl)

Level 6: Swimming and Skill Proficiency (demonstration of all strokes)

2. Circle a School Year 2012-2013 Session and NOTE REGISTRATION PERIOD:

Fall Session 1 (Wednesdays Oct. 17 through Dec. 12)
Fall Session 2 (Saturdays Oct. 20-Dec. 15)

Registration for both Fall Sessions is Sept. 24-Oct. 17.

Winter Session 1 (Wednesdays Jan. 2-Feb. 13, 2013)
Winter Session 2 (Saturdays Jan. 5-Feb. 16, 2013)

Registration for both Winter Sessions is Dec. 12, 2012-Jan. 2, 2013.

Spring Session 1 (Wednesdays Feb. 27-April 24, 2013)
Spring Session 2 (Saturdays March 2-April 27, 2013)

Registration for both Spring Sessions is Feb 13-27, 2013.

3. Note Lesson Schedules:

Level	Wednesday Times	Saturday Times
1	5:30-6 p.m.	11:30 a.m. - 12 p.m.
2	5-5:30 p.m.,6-6:30 p.m.	11-11:30 a.m.
3	5:30-6 p.m.	11:30 a.m. - 12 p.m.
4	5-5:30 p.m.	11-11:30 a.m.
5	6-6:30 p.m.	11-11:30 a.m.
6	6-6:30 p.m.	11:30 a.m. -12 p.m.

Preschool Lessons (Ages 4-5)
$30 per session

1. Circle Preschool skill level:

Level 1: Orient preschool-age child to an aquatic environment

Level 2: Build on basic aquatic skills

Level 3: Increase proficiency and build on the basic aquatic skills learned in Levels 1 and 2

2. Circle a School Year 2012-2013 Session and NOTE REGISTRATION PERIOD:

Fall Session (Oct. 20-Dec. 15)
Registration for Fall Session is Sept. 24-Oct. 20.

Winter Session (Jan. 5-Feb. 16, 2013)
Registration for Winter Session is Dec. 15, 2012-Jan. 5, 2013.

Spring Session (March 2-April 27, 2013)
Registration for Spring Session is Feb. 16-March 2.

3. Note lesson schedules:

Level	Saturday Times
Level 1-Fall	12-12:20 p.m.
Level 2-Fall/Winter	12:20-12:40 p.m.
Level 3-Fall/Winter/Spring	12:40-1:00 p.m.

4. Make a $30 check out to City of Rochester Treasurer and deliver to the address on Page 1.