

Fall Aquatics SCHEDULE

October 1 - November 30, 2024



Rochester RAPIDS Swim Team: A competitive, fun, family-oriented club committed to building and supporting strong swimmers with strong character. For more information contact meltzerjosh@gmail.com.
Adams St. R-Center, 85 Adams St.
Ages 6+. M-F Evenings. Sept. 2024 – June 2025.

American Red Cross Learn to Swim

Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

Level 2: Fundamentals of Aquatic Skills: Students will learn basic swimming skills.

Level 3: Stroke Development: Additional guided practice will help students improve their skills.

Level 4: Stroke Improvement: Students will gain confidence during swim lessons, improve their stroke, and gain additional aquatic skills.

Level 5: Stroke Refinement: Guidance allows students to refine their strokes and become more efficient swimmers.

Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

Session 1: Ages 6-17. **Saturday:** between 10 a.m. & 2 p.m. Oct. 3 – Nov. 7.

Adams St. R-Center, 85 Adams St. and Trenton and Pamela Jackson R-Center, 485 N Clinton Ave.

Baby & Me, 6 months - 3 years

Monday: 6 - 6:30 p.m., Trenton and Pamela Jackson R-Center, 485 N Clinton Ave.

Thursday: 6 - 6:30 p.m., Adams St. R-Center, 85 Adams St.

Youth Swim Lessons, Ages 6+

Saturday: Between 10 a.m. and 12 p.m., Adams St. R-Center, 85 Adams St. and Trenton and Pamela Jackson R-Center, 485 N Clinton Ave.

Adult Swim lessons, Ages 18+

Cost, \$25.

Tuesday: 6 – 6:45 p.m., Adams St. R-Center, 85 Adams St.

Wednesday: 7 – 7:45 p.m., Trenton and Pamela Jackson R-Center, 485 N Clinton Ave.

Lifeguard Development Class,

Ages 15+.

This class is tailored to help future lifeguards master the skills required to pass the lifeguard swim test, ensuring they're fully prepared for certification.

Session 1: Mon., & Tue., 6 p.m. – 7:45 p.m., Oct. 1 – 29.

Session 2: Mon., & Tue., 6 p.m. – 7:45 p.m., Nov. 4 – 26.

Trenton and Pamela Jackson R-Center, 485 N Clinton Ave.

Senior Swim, Ages 55+

Monday/Wednesday/Friday:

9 a.m. – 12 p.m.

Trenton and Pamela Jackson R-Center, 485 N Clinton Ave.

Open Swim, Ages 6+

Monday, Tuesday, Wednesday, Thursday, & Family Fun Friday:

4:15 – 6 p.m.

Saturday: 12 – 3 p.m.

Adams St. R-Center, 85 Adams St.

Monday & Tuesday: 4 – 6 p.m.

Wednesday: 4 – 6:30 p.m.

Thursday & Friday: 4 – 8 p.m.

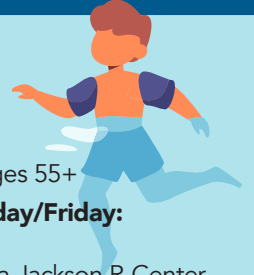
Saturday: 12 – 3 p.m.

Trenton and Pamela Jackson R-Center, 485 N Clinton Ave.

Adult Lap Swim, Ages 18+

Tuesday and Thursday: 6 – 6:45 p.m.

Adams St. R-Center, 85 Adams St.



Email Shalom.Singer@cityofrochester.gov for more information.



Rcentral online

Register on R-Central.



Malik D. Evans, Mayor
City of Rochester, NY • Rochester City Council