



Aquatics Program

1130 Grand Concourse, 4th Floor
Bronx, NY 10456
Tel: (718) 508-3190
Fax: (718) 590-5866
www.bronxworks.org

Learn to Swim

Instructional Schedule: Fall '11

Level 1– Introduction to Water Skills

An introduction to water safety, beginner's breathing, kicking & free-style stroke for those with little or no swimming experience

Children (aged 5-8)	Tues 5:30-6:10 PM OR Sat 10:00-10:40 AM
Children (aged 9-12)	Thurs 5:30-6:10 PM OR Sat 10:45-11:25 AM
Adults	Tues 7:00-7:40 PM

Level 2– Fundamental Aquatic Skills

Advanced beginner swim class for children that focuses on front & back glide, basic front crawl and elementary backstroke for those with basic swimming experience

Children (aged 5-8)	Tues 6:15-6:55 PM
Children (aged 9-12)	Thurs 6:15-6:55 PM

Level 3– Stroke Development

Intermediate swimming which includes front & back crawl and elementary backstroke kick for 20 yards, underwater swimming, kneeling and compact dives.

Children & Teens	Fri 6:00-6:40 PM (No class on 11/11; class on 11/18 instead)
------------------	--

Classes run from September 13-November 12

Fees: \$100/student for 9 classes

Students who successfully complete classes will receive American Red Cross certification cards.

To register, return a completed application with check or money order payment
(**NO CASH ACCEPTED**) by mail or in person to:

BronxWorks ~ 1130 Grand Concourse ~ Bronx, NY 10456 ~ Attn: Kimberly Haynes
718-508-3190 or khaynes@bronxworks.org

Schedules subject to change. Sign up early
to avoid class cancellations.

