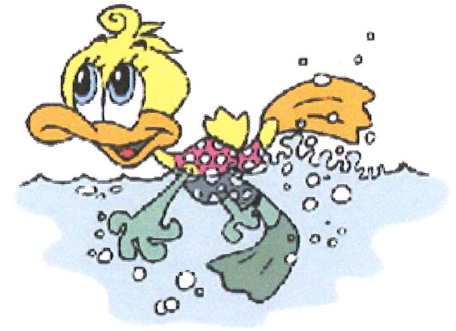


# SWIMMING LESSONS

American Red Cross Program

## New Classes for Spring 2012

- Pre-registration is required.
- Register at Recreation Office Beginning March 12th
- Class is \$50 per child for 8 weeks



### Saturday      8 week      Starting April 14th

8:30am-9:00am	Parent and Tot (6 months-36 months)
9:00am-9:30am	Water Adjustment (3 to 5 years old)
9:30am-10:00am	Pre-School Level 2- must pass water adjustment
10:00am-10:30am	Level 1 Age 6 and up
10:30am-11:00am	Level 2
11:00am-11:30am	Level 3 and Level 4
11:30am-12:15pm	Stroke Refinement and Endurance Training (adults lap swimmers & youth who have passed L-3)

### Tuesday      8 week      Starting April 24th

9:00am-9:30am	Parent and Tot (6 months-36 months)
9:30am-10:00am	Water Adjustment/ Pre-School 3-4 year olds

- Class sizes are limited.
- Children must pass Water Adjustment before entering Pre-school Level 2
- Parent Tot Class requires an adult in the water. Swim diapers required.
- Children need to be changed and ready to enter the pool at the times listed for their class.
- Please note we do not have a "Family or Unisex" changing area. If you need to bring a child into the locker room of the opposite gender please use the handicap stall in the bathrooms for changing

**Plainfield Recreation**

**482 Norwich Road Plainfield, CT 06374**

**860-564-1819**

