Summer Swim Lessons

Registration

Summer Swim Lessons (Level 1-6) & Summer Tiny Tadpole resident and non-resident registration is currently underway.

When registering, you will receive a receipt for confirmation of swim time (please include your e-mail address on your registration form) or if you register on the Web, please be sure to print your receipt.

Summer Swim Lessons
Red Cross Levels 1 - 6 (Ages 6-14)

FOR TINY TADPOLE *(AGES 4 & 5)* INFORMATION - SEE PAGE 9

Openings still available!

Non-swimmer through advanced swimmer levels (see dates below). Lessons are held mornings starting at 8:00 AM. Session 1 & 2 are 35-minute lessons each, two weeks long with lessons held four days each week. Session 3 is a more intense week of lessons, with five classes (35-minute lessons for Levels 1 & 2 and 45-minute lessons for Levels 3 - 6). Note: Level 6 is either Personal Water Safety (P) or Fitness Swimmer (F) - Indicate which level on registration form.

Parent observation days are: Session 1 - 7/3, Session 2 - 7/17, and Session 3 - 7/25.

Session 1 - M-Th - 6/25 - 6/29 & M-F - 7/2 - 7/6 (no class 7/4)
Fee: $51.00 (8 lessons)

Session 2 - M-Th - 7/9 - 7/19
Fee: $51.00 (8 lessons)

Session 3 - M - F - 7/23 - 7/27 (5 lessons)
Fee: $33.00 - Levels 1 & 2
$41.00 - Levels 3, 4, 5 & 6

Get a *10% discount* when you register for 2 or more Summer Swim sessions!

Ages - 6 years of age (or completed Kindergarten) thru age 14.
Penfield High School Pool

Lessons conducted by Penfield Recreation Certified Aquatic Staff under the direction of Sheryl Rimore, Pool Director.

If you also register for PCC Day Camp - Day Camp Staff will walk your child to swim lessons each day
(starting with the 9:10 am lesson)

Ages 6 - 14 Swim Lesson Course Numbers

Session 1 6/25 - 7/6	Session 2 7/9 - 7/19	Session 3 7/23 - 7/27
8:00 - 8:35 AM	**8:00 - 8:35 AM**	**8:00 - 8:35 AM**
Level 1 - #311250-A	Level 1 - #311270-A	Level 1 - #311290-A
Level 2 - #311250-B	Level 2 - #311270-B	Level 2 - #311290-B
Level 3 - #311250-C	Level 3 - #311270-C	
Level 4 - #311250-D	Level 4 - #311270-D	**8:00 - 8:45 AM**
Level 5 & 6 -#311250-E	Level 5 & 6 -#311270-E	Level 3 - #311290-C
		Level 4 - #311290-D
8:35 - 9:10 AM	**8:35 - 9:10 AM**	Level 5 & 6 -#311290-E
Level 1 - #311251-A	Level 1 - #311271-A	
Level 2 - #311251-B	Level 2 - #311271-B	**8:45 - 9:20 AM**
Level 3 - #311251-C	Level 3 - #311271-C	Level 1 - #311291-A
Level 4 - #311251-D	Level 4 - #311271-D	Level 2 - #311291-B
Level 5 & 6 -#311251-E	Level 5 & 6 -#311271-E	
		8:45 - 9:30 AM
9:10 - 9:45 AM	**9:10 - 9:45 AM**	Level 3 - #311291-C
Level 1 - #311252-A	Level 1 - #311272-A	Level 4 - #311291-D
Level 2 - #311252-B	Level 2 - #311272-B	Level 5 & 6 -#311291-E
Level 3 - #311252-C	Level 3 - #311272-C	
Level 4 - #311252-D	Level 4 - #311272-D	**9:30 - 10:05 AM**
Level 5 & 6 -#311252-E	Level 5 & 6 -#311272-E	Level 1 - #311292-A
		Level 2 - #311292-B
9:45 - 10:20 AM	**9:45 - 10:20 AM**	**9:30 - 10:15 AM**
Level 1 - #311253-A	Level 1 - #311273-A	Level 3 - #311292-C
Level 2 - #311253-B	Level 2 - #311273-B	Level 4 - #311292-D
Level 3 - #311253-C	Level 3 - #311273-C	Level 5 & 6 -#311292-E
Level 4 - #311253-D	Level 4 - #311273-D	
Level 5 & 6 -#311253-E	Level 5 & 6 -#311273-E	**10:15 - 10:50 AM**
		Level 1 - #311293-A
10:20 - 10:55 AM	**10:20 - 10:55 AM**	Level 2 - #311293-B
Level 1 - #311254-A	Level 1 - #311274-A	
Level 2 - #311254-B	Level 2 - #311274-B	**10:15 - 11:00 AM**
Level 3 - #311254-C	Level 3 - #311274-C	Level 3 - #311293-C
Level 4 - #311254-D	Level 4 - #311274-D	Level 4 - #311293-D
Level 5 & 6 -#311254-E	Level 5 & 6 -#311274-E	Level 5 & 6 -#311293-E
10:55 - 11:30 AM	**10:55 - 11:30 AM**	**11:00 - 11:35 AM**
Level 1 - #311255-A	Level 1 - #311275-A	Level 1 - #311294-A
Level 2 - #311255-B	Level 2 - #311275-B	Level 2 - #311294-B
Level 3 - #311255-C	Level 3 - #311275-C	
Level 4 - #311255-D	Level 4 - #311275-D	**11:00 - 11:45 AM**
Level 5 & 6 -#311255-E	Level 5 & 6 -#311275-E	Level 3 - #311294-C
		Level 4 - #311294-D
		Level 5 & 6 -#311294-E

Again this summer - **Enjoy the benefits in an intense swim week - 7/23 - 7/27**
A 5-day session with extended time to fit swim lessons into your busy summer! (see Session 3 above).

Summer Swim Lessons - Tiny Tadpole Ages 4 - 5

Water safety and basic swimming skills are taught in a playful manner to encourage a love for swimming! Lessons are held Monday through Thursday (except Session 1B - M, Tu, Th, F) for 35 minutes. Parent observation day is Wednesday for all sessions (except Session 1B - Thursday). (Ratio - 1 instructor per 4 children.)

Session 1A:
#311242-A 6/25 - 6/28 M-Th at 11:35 AM

Session 1B:
#311242-B 7/2 - 7/6 (no 7/4) M-F at 11:35 AM

Session 2A:
#311242-C 7/9 - 7/12 M-Th at 10:20 AM
#311242-D 7/9 - 7/12 M-Th at 10:55 AM
#311242-E 7/9 - 7/12 M-Th at 11:35 AM

Session 2B:
#311242-F 7/16 - 7/19 M-Th at 10:20 AM
#311242-G 7/16 - 7/19 M-Th at 10:55 AM
#311242-H 7/16 - 7/19 M-Th at 11:35 AM

Session 3A:
#311242-I 7/23 - 7/26 M-Th at 10:15 AM
#311242-J 7/23 - 7/26 M-Th at 11:00 AM
#311242-K 7/23 - 7/26 M-Th at 11:50 AM

Ages 4 and 5 (4 classes)
(Must be of age at time session begins)
Penfield High School Pool,
25 High School Drive, Penfield
Fee: $38.00
A 10 % discount will be given for participants that register for two or more sessions.
Registration is currently underway.

Important Information for Swim Lessons & Tiny Tadpoles located at the Penfield High School Pool:

- Swim lesson time means - BE ON DECK AND READY TO SWIM!!
- Children's basic skills are evaluated the first day of each session to determine whether they are enrolled in the proper class.
- We enroll a maximum of 8 children per instructor (4 in Tiny Tadpoles). Class sizes may vary after the first few lessons as children pass from one level to the next.
- Please bring Red Cross Swim cards previously earned to first lesson.
- No make-ups are allowed.
- Parent observation days for Levels 1-6 are as follows: 7/3, 7/17, & 7/25.
- Parent observation days for Tiny Tadpoles are Wednesdays (except Session 1B - Thursday).
- Please leave valuables at home. Penfield Recreation is not responsible for lost or stolen articles.
- No jewelry allowed in pool including earrings, barrettes, watches, cloth bracelets, necklaces, anklets, etc. (exception - post earrings).
- For those with long hair, please wear a hair-tie.
- Swim lesson participants are expected to use the appropriate locker room (males in boys' locker room and females in girls' locker room) to gain entry to the pool. If opposite sex parents want to accompany their children in the locker room, they must use the family locker room that has been provided for that purpose.
- Penfield High School will be hosting a number of activities this summer. Please be sure to give yourself sufficient time to park and arrive at the pool at your scheduled class time.

Classes are offered at the Penfield High School Pool, 25 High School Drive, located off Five Mile Line Road.

Water Safety Instructor Aide Certification - Ages 10 - 15

Training is provided to individuals who wish to assist Water Safety Instructors in conducting American Red Cross Swimming courses. This training will provide students with the ability to understand the roles and responsibilities of a WSI Aide. This course provides an excellent opportunity for those swimmers who have passed Level 5 or 6 of the American Red Cross Swim course and are looking for a way to stay active with swimming & keep up their technique. If you love swimming and want to teach others to swim, you'll love this course! (The American Red Cross Swimming and Diving manual will be utilized during class and will be available for students to borrow.)

Students should bring a notebook, pencil, Level 5 or 6 swim card, bathing suit and towel to first class. Attendance at all classes is required in order to pass this course. Those students who successfully pass this course will have the opportunity to volunteer with a Water Safety Instructor during session 2 or 3 of the Swim Program.

#311245-A 6/25 - 7/6 (no class 6/29 & 7/4)
M - F - 11:30 AM - 1:00 PM
(M-Th - Week 1; M,Tu, Th, F - Week 2)
Ages 10 - 15 (8 classes)
Penfield High School Pool
Penfield Recreation Certified Instructor
Prerequisite: Completion of American Red Cross Level 5 and a strong sense of maturity and responsibility
Fee: $63.00 (limited enrollment)
Registration starts 5/1 for residents.

Red Cross Swimming Levels

Below are examples of major skills that are taught in each level:

A complete skill list is available at Rec. Office and at www.penfield.org.

Level 1: Intro to Water Skills - submerge face, front float, back float, enter & exit water, front & back swim with support, safety

Level 2: Fundamental Aquatic Skills - submerge head, retrieve object, front & back float, swim on front, back & side (with leg and arm action), tread water, swim 1 width of pool, safety

Level 3: Stroke Development - retrieve object, bob, jump into deep water, kneeling or sitting dive, front and back glide, front & back crawl (15 yds), elementary backstroke (15 yds), tread water, safety

Level 4: Stroke Improvement - float, stride & compact dives, front crawl & elementary backstroke (25 yds), breaststroke & sidestroke (15 yds), butterfly & back crawl (15 yds), open front & back turns, tread water, safety

Level 5: Stroke Refinement - long shallow dive, tuck & pike dives, breaststroke & sidestroke (25 yds), underwater swim, butterfly & backstroke (25 yds), front crawl & elementary backstroke (50 yds), front & back flip turn, tread water, safety

Level 6 - front crawl & elementary backstroke (100 yds), breaststroke & sidestroke (50 yds), butterfly & back crawl (50 yds), breast & sidestroke turn, butterfly turn, open turns, flip turns, tread water, safety

Level 6 offered with choice of class - Personal Water Safety (P) and/or Fitness Swimmer (F)

Private Swim Lessons

Private swim lessons for ages 4 and up will be offered during our afternoon family open swim program for the month of July at the Penfield High School pool. The fee will be $20 per half hour lesson. To make a reservation for your lesson, please call 383-8111 beginning June 25 and leave a message with the following information:

- **Your name**
- **Your child's name**
- **Preferred day of week (M - Th) for your lesson**
- **Number of lessons you would like**
- **Approximate Red Cross swim level of your child (see page 9 for levels)**
- **What specific skill(s) you wish to improve**
- **Telephone numbers where you can be reached in the afternoons**

Lessons will be instructed by the Penfield Recreation Summer Aquatic Staff and scheduled first come, first served, based on instructor availability. If you have any questions, please leave a message at 383-8111 beginning the week of June 11. You will receive a return phone call. Please be sure to leave a telephone number where you can be reached during the daytime.

Summer Games 2012

Come and enjoy a fun filled program where you will have a chance to participate in field sports, track events, and water activities. Program includes activities such as: flag team games, ultimate activities, track events, water sports and more. Each day please dress for the weather, wear sneakers, bring bathing suit, towel and water bottle.

#311298-A **7/30 - 8/2 - Ages 7 - 9**

#311298-B **7/30 - 8/2 - Ages 10 - 13**

M - Th - 9:00 AM - 12:00 NOON (4 classes)
Penfield High School Pool and fields outside of pool entrance - first day meet at pool
Instructors: Sheryl Rimore, Physical Education Teacher & Pen Rec Pool Director, and coaches/ members of the PHS Swimming and Track Teams
Fee: $59.00
Registration starts 5/1 for residents.

Splash into Family OPEN Swim and Lap Swim

Come and play, swim, and exercise while enjoying our spacious pool divided to suit your needs; the shallow end with the 4 x 4 tot dock for the little ones, the deep end for water-walking or play and two lanes for lap swimmers. For swimmers who pass the deep end test, they can also enjoy the 1-meter boards in the diving well!

Pool rules state:
- All swimmers must be completely potty trained.
- All hair must be secured back.
- A swimming adult must accompany any swimmer in the pool who measures less than 50" from chin to toe, and under the age of 10.
- An adult must be on deck if swimmer exceeds the height requirement, but is under the age of 10.

M - Th - 6/25 - 8/2 ***1:00 - 3:30 PM (pool closed on 7/4)**

[*Exception: 7/10, 7/12, 7/17 - On these dates open swim times 2:15-3:30 PM *($1.00 admission on these dates)*]

Penfield High School Pool

Fee: $2.00 per person - pay at pool OR

Purchase a SUMMER FAMILY FUN PASS for $30.00 - allows up to 4 swimmers entry to family swim for entire summer. Passes available for purchase at Rec. Office or at Pool during Family Swim.

Swim Lessons - Age 3

Our pre-beginner program for children age 3 is designed as an introduction to swimming and water enjoyment. The student instructor ratio for this class is 5 to 1, with a lifeguard on deck. Pool is 89° F with a parent viewing area. Instructors are lifeguard, first aid and CPR certified.

#301234-A **7/8 - 8/19**
Su - 10:25 - 10:55 AM (7 classes)
Age 3
Penfield Fitness & Racquet Club, 667 Panorama Trail West
Locker rooms available next to pool, & free child care provided.
Fee: $95.00
Registration starts 5/1 for residents.

Swim Lessons Parent/Child

- Ages 6 months - 3 years

Come and enjoy this time in the water with your little one. Learn how to be safe in and around the water with your child. Classes include supervised water activities such as getting into the pool the safe way, underwater exploration readiness, back floats, arm movements, rolling over and much, much more.

#301233-A **7/8 - 8/19**
Su - 12:45 - 1:15 PM (7 lessons)

#301233-B **7/10 - 8/21**
Tu - 6:30 - 7:00 PM (7 lessons)

Penfield Fitness & Racquet Club, 667 Panorama Trail West
Lessons are held in 20 yard pool, kept at 89° F. Locker rooms available next to pool, & free child care provided.
Pool staff are CPR, First Aid & Lifeguard certified.
Classes Require Parent Participation.
Fee: $95.00
Registration starts 5/1 for residents.

Penfield Rec relies on *email* for fast and convenient communication with our customers about *important program information* and updates. Make sure we have your current email so you *don't miss out* on important info. about the programs you've registered for. *Thank you!*

American Red Cross Water Safety Instructor Certification Class -

(Requirement: Must be 16 years old by 5/15/12)

This program is for swimmers who have completed the American Red Cross Swim Level 4 and are interested in becoming instructors for Red Cross Swim programs. You will learn how to instruct the American Red Cross swimming levels, both adult and children's lessons, and basic water safety. Attendance at all class sessions is required for completion and certification as a water safety instructor.

#211231-A 5/15 - 6/14
Tu & Th - 6:00 - 9:00 PM (10 classes)
Ages: 16 & up
Penfield High School Pool
Joel Freeman, Certified Red Cross Instructor
Prerequisite: Completion of Level 4 in the ARC swim course & a strong sense of maturity & responsibility
Fee: $200.00 (includes course book)
Register immediately for this program.

Springboard Diving

This course involves the use of one-meter springboards. Instruction is individualized so that each student may progress at his or her own rate. The diver will be encouraged to go as far as he/she desires at each level. Parent observation is encouraged.

Beginner - A beginner diver is a swimmer who can do a standing dive off the side of the pool. This diver is looking to dive off the board comfortably. Instruction will include: front dive, back dive, inward dive, reverse dive, and twister dive if the diver desires.

Intermediate - An intermediate diver is a swimmer that can complete the front and back dive comfortably from the board. This diver is looking to advance his/her skill in all 5 categories of dives including front, back, reverse, inward and twister.

#311226-A 7/9 - 7/12
M - Th - 3:30 - 4:30 PM - Beginner/Intermediate

#311226-B 7/16 - 7/19
M - Th - 3:30 - 4:30 PM - Beginner/Intermediate

Ages 8 - 18 (4 lessons)
Penfield High School Pool
Joel Freeman, PHS Varsity Diving Coach
Fee: $52.00
Registration starts 5/1 for residents.

Pre-Natal Aqua & Exercise Class

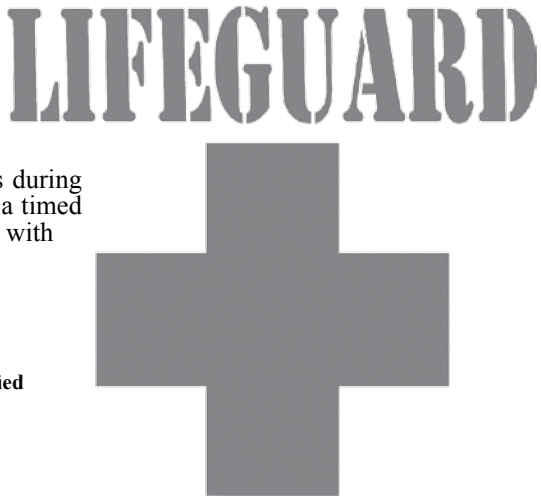
This fun course provides participants with a low-impact, high energy workout in our 89° salt-pure pool. The instructor also encourages participants to engage in a variety of land based exercises presented before the aqua class such as light free weights, balance balls, cardio equipment, and Yoga. Participants need a doctor's approval and may fax it to 585-586-4232 attention Marsha Young, or bring it to the first class. Call 586-7777 with questions.

#331221-A 5/21 - 7/2 (no class 5/28)

#331221-B 7/9 - 8/13

M - 6:55 - 7:45 PM (6 classes)
Penfield Fitness & Racquet Club,
667 Panorama Trail West
Marsha Young
Fee: $69.00 per session - includes weekend only membership for the 6 weeks you participate.
Registration starts 5/1 for residents.

Lifeguarding Course - Red Cross Certified Lifeguard Class



Class will meet at the Penfield High School pool. This course certifies a person to serve as a pool and waterfront lifeguard. Instruction also includes training in First Aid, CPR and AED for a total program. (It's recommended that you have a minimum of Level 5 swimming skills.) **Lifeguard books and materials will be available to pick up at Recreation Office when you register.** Read lifeguard book prior to first class. Bring suit, goggles, towel, lifeguard book and materials to all class sessions. (Swimming requirements during course include 550-yard swim using freestyle and breast strokes, as well as a timed surface dive 7-10 feet, retrieving a 10 lb. object, then swimming 20 yards with object held by both hands.)

#311240-A 6/25 - 6/29
M - Th - 4:00 - 8:00 PM 6/25 - 6/28
F - 8:00 AM - 5:00 PM 6/29 (bring lunch)
You must attend all sessions and successfully complete all requirements to become a Certified Lifeguard.
Penfield High School Pool (Ages 15 & up)
Joel Freeman, Certified Red Cross Instructor
Fee: $185.00 (includes books/supplies)
Registration starts 5/1 for residents.