

Hamden Department of Parks & Recreation
2750 Dixwell Ave. (Hamden Government Center) Hamden, CT 06518
203-287-2579
www.hamden.com

ADULT LEARN TO SWIM PROGRAM

Learn the basic skills of swimming with the understanding and patience of qualified instructors. Teaches beginners water adjustment, safety, and basic swimming skills. Advanced adults are instructed on improving and developing their swimming abilities through stroke techniques and endurance training. No prerequisites.

**All Swim classes held at the Hamden High School Community Pool
2040 Dixwell Ave. Hamden, CT**

- **Days/Time: Monday Evening: 7:30-8:15 pm**
- **Cost: \$50 (5 sessions)**
- **Dates: November 15, 22, 29, December 6, 13**

To register for class make check payable to **“Treasurer, Town of Hamden”** and mail along with completed form to Hamden Parks & Recreation, c/o Adult LTS, 2750 Dixwell Ave. (Hamden Government Center) Hamden, CT 06518.

***** Cut Here *****

2010 Adult “Learn To Swim” – Please Print Clearly

Name _____ Age _____

Address _____ City _____ Zip _____

Phone # H _____ Other# _____

E-mail _____

Office use only: Amount Paid _____ CK# _____ Cash _____ Date _____
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