

**REGISTER for ONE SESSION ONLY**

**Fill out form completely...One form per child....Please Print**

Name \_\_\_\_\_ Age \_\_\_\_\_ D. of B. \_\_\_\_\_

Address \_\_\_\_\_ Zip Code \_\_\_\_\_ Telephone \_\_\_\_\_

Parent's Name \_\_\_\_\_

Parent's Email Address \_\_\_\_\_

Child's School \_\_\_\_\_ Grade in Fall \_\_\_\_\_

**Register for:**

SESSION 1 (6/28- 7/19)  SESSION 2 (7/23-8/10)  SESSION 3 (6/28-8/9 Monday & Thursday Evening)

Level I/II \_\_\_\_\_ Level III \_\_\_\_\_ Level IV \_\_\_\_\_ Level V/VI \_\_\_\_\_

Parent & Child \_\_\_\_\_ Lifeguard Training \_\_\_\_\_

\_\_\_\_\_ Parent Signature

**COURSES OFFERED**

LEVEL I/II ..... Water Exploration and Primary Skills

LEVEL III ..... Stroke Readiness

LEVEL IV ..... Stroke Development

LEVEL V/VI ..... Stroke Refinement and Proficiency

Parent & Child ..... Water Adjustment and Basic Skills with a Parent (Age 6 months – 5 years)

LIFEGUARD TRAINING.... For those at least 15 years-old who wish to develop water safety and rescue skills.  
Candidates must pass a prerequisite swim test. Additional course and book fee are required.



**Lessons are free for Quincy residents who have a current Recreation Pool Participation Card.**

**2018 CLASS TIMES - SESSION 1 or SESSION 2 or SESSION 3**

LEVEL I/II	LEVEL III	LEVEL IV	LEVEL V/VI
11:00 – 11:30 a.m. Session 1 & 2	11:00 – 11:30 a.m. Session 1 & 2	11:00 – 12:00 Noon Session 1 & 2	11:00 – 12:00 Noon Session 1 & 2
11:30 – 12:00 Noon Session 1 & 2	11:30 – 12:00 Noon Session 1 & 2	12:00 – 1:00 p.m. Session 1 & 2	12:00 – 1:00 p.m. Session 1 & 2
12:00 – 12:30 p.m. Session 1 & 2	12:00 – 12:30 p.m. Session 1 & 2	1:00 – 2:00 p.m. Session 1 & 2	1:00 – 2:00 p.m. Session 1 Only
12:30 – 1:00 p.m. Session 1 & 2	12:30 – 1:00 p.m. Session 1 & 2	2:00 – 3:00 p.m. Session 1 & 2	2:00 – 3:00 p.m. Session 1 Only
1:00 – 1:30 p.m. Session 1 & 2	1:00 – 1:30 p.m. Session 1 & 2	3:00 – 4:00 p.m. Session 1 & 2	3:00 – 4:00 p.m. Session 1 & 2
1:30 – 2:00 p.m. Session 1 & 2	1:30 – 2:00 p.m. Session 1 & 2	6:00 – 7:00 p.m. Session 3 Only	
2:00 – 2:30 p.m. Session 1 & 2	2:00 – 2:30 p.m. Session 1 & 2	7:00 – 8:00 p.m. Session 3 Only	
2:30 – 3:00 p.m. Session 1 & 2	2:30 – 3:00 p.m. Session 1 & 2		
3:00 – 3:30 p.m. Session 1 & 2	3:00 – 3:30 p.m. Session 1 & 2		
3:30 – 4:00 p.m. Session 1 & 2	3:30 – 4:00 p.m. Session 1 & 2		
6:00 – 6:30 p.m. Session 3 Only	6:00 – 6:30 p.m. Session 3 Only		
6:30 – 7:00 p.m. Session 3 Only	6:30 – 7:00 p.m. Session 3 Only		
7:00 – 7:30 p.m. Session 3 Only	7:00 – 7:30 p.m. Session 3 Only		
7:30 – 8:00 p.m. Session 3 Only	7:30 – 8:00 p.m. Session 3 Only		

**PARENT AND CHILD (Age 6 months – 5 years)**  
6:00 – 6:30 p.m. Session 3 Only  
6:30 – 7:00 p.m. Session 3 Only  
7:00 – 7:30 p.m. Session 3 Only  
7:30 – 8:00 p.m. Session 3 Only

# Quincy Recreation Swimming Lessons 2018

## Celebrating Our 43rd Year of the Learn to Swim Program at the Lincoln Hancock Pool!

The Quincy Recreation Department will conduct swimming instruction for Quincy residents age six and above at the Lincoln Hancock Community School Pool, during July and August. Water Safety Instructors and lifeguards trained in accordance with standards set by the American Red Cross will teach the lessons.

Testing for swimmers unsure of which class to register for will be held on **Friday, June 8, 2018 from 6:30 to 8:30 p.m.** Testing is for swimmers unfamiliar with the swim program or who have had instruction during the winter. Non-swimmers who have never taken lessons do not need to be tested and should register for Level I/II. The **Boating and Sailing prerequisite swim test** will also be given at this time for residents age 8 or older.

There will be three sessions of swim instruction. Participants may register for one session only. **Session 1 begins Thursday, June 28, 2018 and ends Thursday, July 19, 2018. Session 2 begins Monday, July 23, 2018 and ends Friday, August 10, 2018. Session 3 will run on Monday and Thursday evenings from Thursday, June 28, 2018 and ends on Thursday, August 9, 2018.** Registration will be held at the **Quincy Recreation Department Office, One Merrymount Parkway.**

In session 1 and 2, Classes for **Level I/II, Level III, Level IV, and Level V/VI** classes will be taught between 11:00 a.m. – 4:00 p.m. **Monday through Friday**, on the half-hour or hour depending upon the level (schedule on reverse side). **Children must be at least six years old when lessons begin.** In session 3, Classes for **Level I/II, Level III, Level IV and Parent & Child** classes will be taught between 6:00 p.m. – 8:00 p.m. **Monday and Thursday** on the half-hour or hour depending upon the level (schedule on reverse side). **Children in Level I through IV must be at least six years old when lessons begin. Parent & Child class is for children age 6 months to 5 years; parent must accompany child to each class.**

**Lifeguard Training** meets two times per week on **Tuesdays and Wednesdays** from 4-8 p.m. Lifeguard Training candidates must be at least 15 years old by the completion of the course and pass a prerequisite swim test on **\*\*Friday, July 6, at 7 p.m.\*\*** Classes will be held on July 10, 11, 17, 18, 24, & 25, 2018. Lifeguard Training has a course/ book fee of \$150.00 in addition to the pool membership fee. Registration starts **Wednesday, June 13, 2018 at 9:00 a.m.** and is limited.

**Session 1 Registration**  
Thursday, June 14, 2018  
9:00 a.m. - 12 Noon  
Class Dates:  
Thursday, June 28, 2018 to  
Thursday, July 19, 2018  
(No Class July 4<sup>th</sup>)

**Session 2 Registration**  
Wednesday, June 13, 2018  
9:00 a.m. - 12 Noon  
Class Dates:  
Monday, July 23, 2018 to  
Friday, August 10, 2018

**Session 3 Registration**  
Wednesday, June 13, 2018  
9:00 a.m. - 12 Noon  
Class Dates:  
Thursday, June 28, 2018 to  
Thursday, August 9, 2018  
Monday & Thursday Evenings

## **Registration will be held at the Quincy Recreation Department Office.**

The Quincy Recreation Department will not accept pre-registration or telephone registrations. Assured placement in the class, days, and times of choice should be done at the above dates and times. Post-registration is accepted on a first come, space available basis.

Quincy Recreation Department  
One Merrymount Parkway  
Quincy, MA 02170  
617-376-1394  
[www.QuincyRec.com](http://www.QuincyRec.com)