

City of Troy
Department of Parks and Recreation
2010 Summer Swim Program

South Troy Pool
4th Street & Tyler
Troy, New York 12180
518-270-1125

Knickerbacker Pool
244 7th Avenue
Troy, New York 12180
518-237-0097

FREE Lunch (17 years or younger)
Served 12 pm – 12:30 pm ~ Monday – Friday

Hours of Operation
Daily 1 pm – 5:30 pm

Admission
Adults ~ \$2.00
13 – 18 years ~ \$1.00
Children 12 and under ~ FREE

Youth Groups
Adults ~ \$1.00
13 – 18 years ~ \$.25
Children 12 and under ~ FREE

- We are happy to accommodate youth groups! Please contact pools to set up your visit.
- Groups must have a record of an American Red Cross swim test for each child.
- Swim tests conducted at pools daily.

FREE Evening Swim
Monday – Friday ~ 6 pm – 8 pm

South Troy Pool
Adult Lap Swim ~ Monday, Wednesday & Friday
Parent/Tot ~ Tuesday
Family Night ~ Thursday

Knickerbacker Pool
Adult Lap Swim ~ Monday, Tuesday & Thursday
Parent/Tot ~ Wednesday
Family Night ~ Friday

- Adult = 18 years or older
- Tot = 3 years or younger
- Family Night = All swimmers under the age of 18 must be accompanied by an adult with proper ID.

- Evening Swim will not be conducted at the Knickerbacker Pool from July 19 – July 30 to accommodate Swim Lessons. We are sorry for any inconvenience

FREE Swimming Lessons

July 19 – July 30
Knickerbacker Pool ~ 6 pm – 8 pm
6 pm – 6:50 pm ~ Parent & Child/Beginner Swimmers
7 pm -7:50 pm ~ Advanced Swimmers

August 2 – August 13
South Troy Pool ~ 10 am – 12 pm
10 am – 10:50 am ~ Parent & Child/Beginner Swimmers
11 am – 11:50 am ~ Advanced Swimmers

- All Participants must have a permission slip signed by a parent/guardian.
- Register in person at either Knickerbacker or South Troy Pools.

Uncle Sam Swim Team

Practice Monday – Friday
South Troy Pool
8 am – 10 am

For more information contact Rob at headcoach@unclesamswimteam.com

Swim Clinic – Dates to be announced.

CITY OF TROY
DEPARTMENT OF PARKS AND RECREATION
AMERICAN RED CROSS
LEARN-TO-SWIM PERMISSION

I hereby give my son/daughter _____ permission to participate in the City of Troy's Learn-to-Swim Program. (Child's First & Last Name)

1) Select a Session

Session 1: Knickerbacker Pool ~ July 19 – July 30 ~ 6 pm – 8 pm

Session 2: South Troy Pool ~ August 2 – August 13 ~ 10 am – 12 pm

2) Choose the level that most appropriately fits your child's age/swimming ability.

BEGINNERS - Session 1 – 6:00 pm – 6:50 pm / Session 2 - 10:00 am – 10:50 am

Parent & Child Aquatics

(child is 6 months to 3 years old and will be accompanied into the water by an adult)

Preschool Aquatics

(child is 3 – 5 years old)

Level 1 – Introduction to Water Skills

(child is 6 years old)

Level 2 – Fundamental Aquatic Skills

(child can already put face in water and is comfortable in floating position)

Level 3 – Stroke Development

(child can already float for 5 seconds and swim 15 feet on front and back independently)

SWIMMERS - Session 1 – 7:00 pm – 7:50 pm / Session 2 - 11:00 am – 11:50 am

Level 4 – Stroke Improvement

(child can already swim front and back crawl 15 yards with rhythmic breathing and tread water)

Level 5 – Stroke Refinement

(child can already swim front and back crawl, butterfly, side, breast and elementary backstroke, dive and tread water)

Level 6 – Personal Water Safety/Lifeguard Readiness

(child can already swim front and back crawl, butterfly, side, breast and elementary backstroke, dive and flip turn - child has already completed Level 5 - Stroke Refinement)

3) Complete the following:

Parent/Guardian's Name _____
(Please Print)

Parent/Guardian's Phone Number _____

(Signature of Parent/Guardian)

(Date)