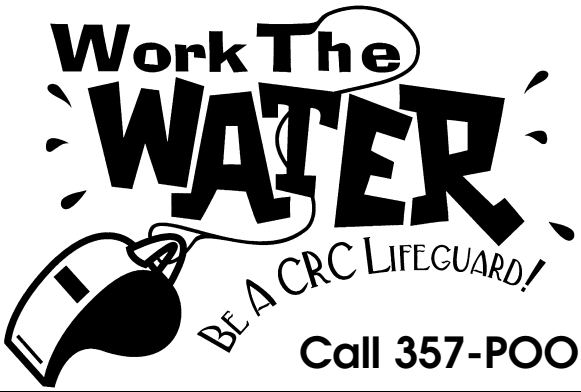
Cincinnati Recreation Commission



Improve your Swimming Ability

American Red Cross

Call 357-POOL(7665) www.cincyrec.org

Swim Stroke Clinics 2009

Swim Stroke Clinics are swim sessions to teach and refine swimming skills in preparation for American Red Cross Lifeguard Training Courses

- Free with pool membership ($5.00 for all ages).
- Attendance at every class is not required.
- Register for a two week session - call 357-POOL (7665) or e-mail us at aquatics@cincinnati-oh.gov
- Age 14 and over. Adults & Seniors are welcome.
- It is recommended you complete at least one two-week swim stroke clinic prior to the lifeguard training course.
- You may attend more than one session.

Mt.Auburn Indoor Pool

270 Southern Ave. 45219
off Auburn Ave, across from Christ Hospital, parking behind ballfield

Spring Sessions are **M,T,W,Th,F** starting April 1 **7-8 pm**

T,Th starting May 5 **6-7 pm**

Session 1.	4/1/09 to 4/10/09		Lifeguard Course starts April 4 or April 13
Session 2.	4/13/09 to 4/24/09		Lifeguard Course starts April 13 or April 25
Session 3.	4/27/09 to 5/8/09		Lifeguard Course starts June 1
Session 4.	5/11/09 to 5/22/09		Lifeguard Course starts June 1
Session 5.	5/26/09 to 5/29/09	(no class 5/25)	Lifeguard Course starts June 1

Summer Sessions are available at CRC Pools

Session 1.	Contact Pool Staff	6/1/09 to 6/5/09	Lifeguard Courses start June 8 or July 13

Fall Sessions are **M,T,W,Th** **7-8 pm**

Session 1.	9/8/09 to 10/9/09	Lifeguard Course starts October 10

***If you have any questions about the Lifeguard Training program or Swim Stroke Clinics call 357-POOL(7665) or e-mail us at aquatics@cincinnati-oh.gov.**