



NYC Parks

Recreation

Free Adapted Swim Program for People with Disabilities

10 Weeks

Asser Levy Recreation Center

392 Asser Levy Place at E. 23rd Street

Session 1

October 26, 2012 to January 4, 2013

Fridays 3:00 p.m. to 4:00 p.m.

Session 2

January 25, 2013 to March 29, 2013

Fridays 3:00 p.m. to 4:00 p.m.

Session 3

April 12, 2013 to June 14, 2013

Fridays 3:00 p.m. to 4:00 p.m.

10 Weeks

Metropolitan Recreation Center

261 Bedford Avenue,
Brooklyn, NY 11211

Session 1

October 26, 2012 to January 4, 2013
Fridays 2:00 p.m. to 3:00 p.m.

Session 2

January 25, 2013 to March 29, 2013
Fridays 2:00 p.m. to 3:00 p.m.

Session 3

April 12, 2013 to June 14, 2013
Fridays 2:00 p.m. to 3:00 p.m.

10 Weeks

Roy Wilkins

177th St. & Baisley Blvd.
Jamaica, NY 11434

Session 1

October 26, 2012 to January 4, 2013
Fridays 4:30 p.m. to 5:30 p.m.

Session 2

January 25, 2013 to March 29, 2013
Fridays 4:30 p.m. to 5:30 p.m.

Session 3

April 12, 2013 to June 14, 2013

Fridays 4:30 p.m. to 5:30 p.m.

10 Weeks

St. Mary's Recreation Center

450 St. Ann's Avenue,

Bronx, NY 10455

Session 1

October 26, 2012 to January 4, 2013

Fridays 4:30 p.m. to 5:30 p.m.

Session 2

January 25, 2013 to March 29, 2013

Fridays 4:30 p.m. to 5:30 p.m.

Session 3

April 12, 2013 to June 14, 2013

Fridays 4:30 p.m. to 5:30 p.m.

The Adapted Aquatics program is free and offers two activities:

Aquatic exercise therapy that ranges from gentle water walking to aerobic-type exercise which improves range of motion, flexibility, mobility, muscle tone, coordination, focus and strength.

Swim Instruction that focuses on becoming comfortable in the water and learning basic swimming and safety skills.

All participants must be members of NYC Parks Recreation Center.

No more than 12 per group.

For more information or to register call (718) 760-6969 ext. 0 or visit nyc.gov/parks/citywideaquatics.