



# Improve your Swimming Ability

Call 357-POOL(7665) [www.cincyrec.org](http://www.cincyrec.org)



## Swim Stroke Clinics 2010

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 (\$10 youth All-City Membership, \$25 Adult All-City Membership. Available at all CRC Recreation Centers).
- Attendance at every class is not required.
- Register at the pool.
- Age 14 and over. Adults & Seniors are welcome.
- It is recommended you complete at least one 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 on lower level.  
Use driveway off Young St.

Spring Sessions are

M,W

7-8 pm

3/29/10 to 4/28/10

Get Ready!

Lifeguard Course starts April 9 or April 30

\*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](mailto:aquatics@cincinnati-oh.gov).

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