



Rensselaer Summer Swim Team **Learn to Swim – Swimming Lessons**

The Rensselaer Summer Swim Team will once again be offering their Learn to Swim Program, which is a two-week swimming lesson program. The RSST is a non-profit organization partially supported by the Rensselaer Park Board. It is for children **ages 5 through 19 (as of June 1, 2019)**.

*****LEARN TO SWIM (SWIMMING LESSONS)**

RSST will offer lessons for children 5-8 years old who **CANNOT** swim one length of the pool and for children 9 years and older who **CANNOT** swim two lengths of the pool and have **NOT** been on the swim team before. In addition to a lifeguard on deck, there will be one lifeguard per swim lane. *This program will be limited to 35 children and filled on a first come first served basis.* **Registrations will be accepted at the 2019 RSST Registration Night, Thursday, April 4, from 5:30 – 6:30 p.m. at the RCHS Pool.**
PLEASE NOTE: Mail-in registrations will **NOT** be accepted this year.

Dates: Monday-Friday, April 15 – April 26

Time: 6:00 pm – 6:45 pm

Cost: \$55.00 per child (checks are payable to RSST)

Paperwork: Permission and Health Form (on back of this paper)

Fees & Paperwork DUE: Thursday, April 4, at the RSST Registration Night at the RCHS Pool

If your child wants to join the team after completing LEARN TO SWIM and has passed a swim test conducted by the RSST Head Coach, RSST fees will be an additional \$20.00 and must be paid by May 13. To be able to join RSST, children 5-8 years old must be able to swim one length of the pool with their face in the water, have a strong stroke, and have arms moving in a continuous forward motion.

*****Before your child can enter the water, the following must be completed:**

Permission and Health Form turned in (one form required for each child)

Fees paid

As always, we are very excited about our upcoming season. **For more information** on the Learn to Swim Program, contact Theresa Manis at tkmanis@hotmail.com

