

NORTH COUNTRY COMMUNITY COLLEGE

The State University of New York

RED CROSS SWIM LESSONS

North Country Community College will offer American Red Cross Swim Lessons for youth and adults. Please see below for a complete description of class offerings, times, and costs.

6:35– 7:20pm Swimming & Skills Proficiency- ages 11-17 \$80

This course refines the strokes, so participants swim with ease, efficiency, power and smoothness over greater distances.

7:25-8:10pm Adult Swimming Lessons- ages 18+ \$80

Developed for adults, this program gives adult swimmers the chance to learn to swim in a controlled and safe environment. Students will learn basic swimming skills in all strokes, treading and how to float.

Tuesday + Thursday Nights

November 12, 14, 19, 21

December 3, 5, 10, 12

The American Red Cross swim program's goal is to teach people to swim and to be safe in, on, and around the water and is designed to give students a positive learning experience.

For questions regarding the lessons, please contact Debbie Fox- debbifox@hotmail.com

For more information on the Red Cross Swim Lessons please contact the NCCC Registrar's Office at records@nccc.edu or 518-891-2915 ext. 1689. The registration form is located on our website – www.nccc.edu –Academics tab – Center for Lifelong Learning – Course Registration (registration Form)