

Monroe Parks and Recreation Department

Adult Swim Lessons

Fall 2025

Adult Swim Level 1 — Learning the Basics

Introduction to basic aquatic skills, swimming strokes and concepts needed to stay safe in and around water.

Adult Swim Level 2 — Improving Skills and Swimming Strokes

Gain proficiency in swimming strokes, aquatic skills and concepts needed to stay safe in and around water.

Adult Swim Level 3 — Swimming for Fitness

Improve effectiveness and efficiency of swimming strokes and turns to build endurance.

Mondays 10/6/25-11/10/25

<u>Class Level</u>	<u>Time</u>	<u>Day</u>	<u>Fee</u>	<u>Location</u>
Level 1	7:00-7:45pm	Monday	\$85.00 R / \$105.00 NR	Masuk High School Pool
Level 2 & 3	7:45-8:30pm	Monday	\$85.00 R / \$105.00 NR	Masuk High School Pool



For more information or to register:

See: monroerec.org

Email: parksandrec@monroect.gov

Visit: Parks and Recreation Department

7 Fan Hill Road, Monroe, CT 06468

Call: 203-452-2806



Monroe Parks and Recreation

Wolfe Park • Masuk Pool • Lake Zoar
Webb Mountain Camping