

NYC Parks
Recreation

Free Adapted Swim Program for People with Disabilities

10 Weeks Beginning
February 3, 2012

Manhattan

Recreation Center 54
348 East 54th Street
Fridays, 11:00 a.m. – 12:00 p.m.

Hansborough Recreation Center
35 West 134th Street
Fridays, 2:00 p.m. – 3:00 p.m.

Asser Levy Recreation Center
Asser Levy Place
Fridays, 2:30 p.m. – 3:30 p.m.

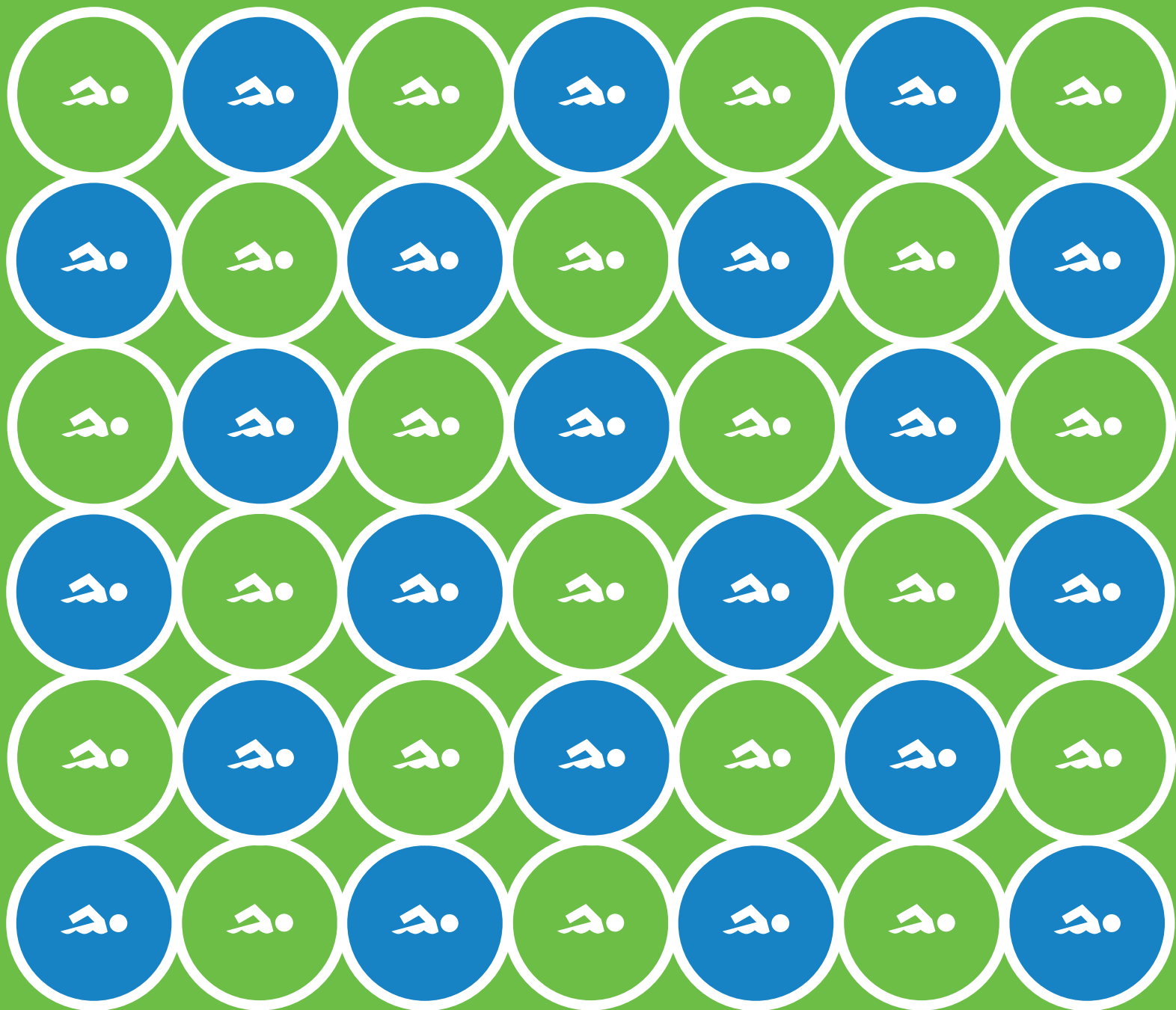
Tony Dapolito Recreation Center
3 Clarkson Street
Fridays, 4:00 p.m. – 5:00 p.m.

The Adapted Aquatics program is free and offers two activities:

1. 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.
2. Swim Instruction that focuses on becoming comfortable in the water and learning basic swimming and safety skills.

Participants must be members of a NYC Parks Recreation Center. No more than 12 people per group.

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



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Brooklyn

St. John's Recreation Center
1251 Prospect Place
Fridays, 1:00 p.m. – 2:00 p.m.

Brownsville Recreation Center
1555 Linden Boulevard
Fridays, 2:00 p.m. – 3:00 p.m.

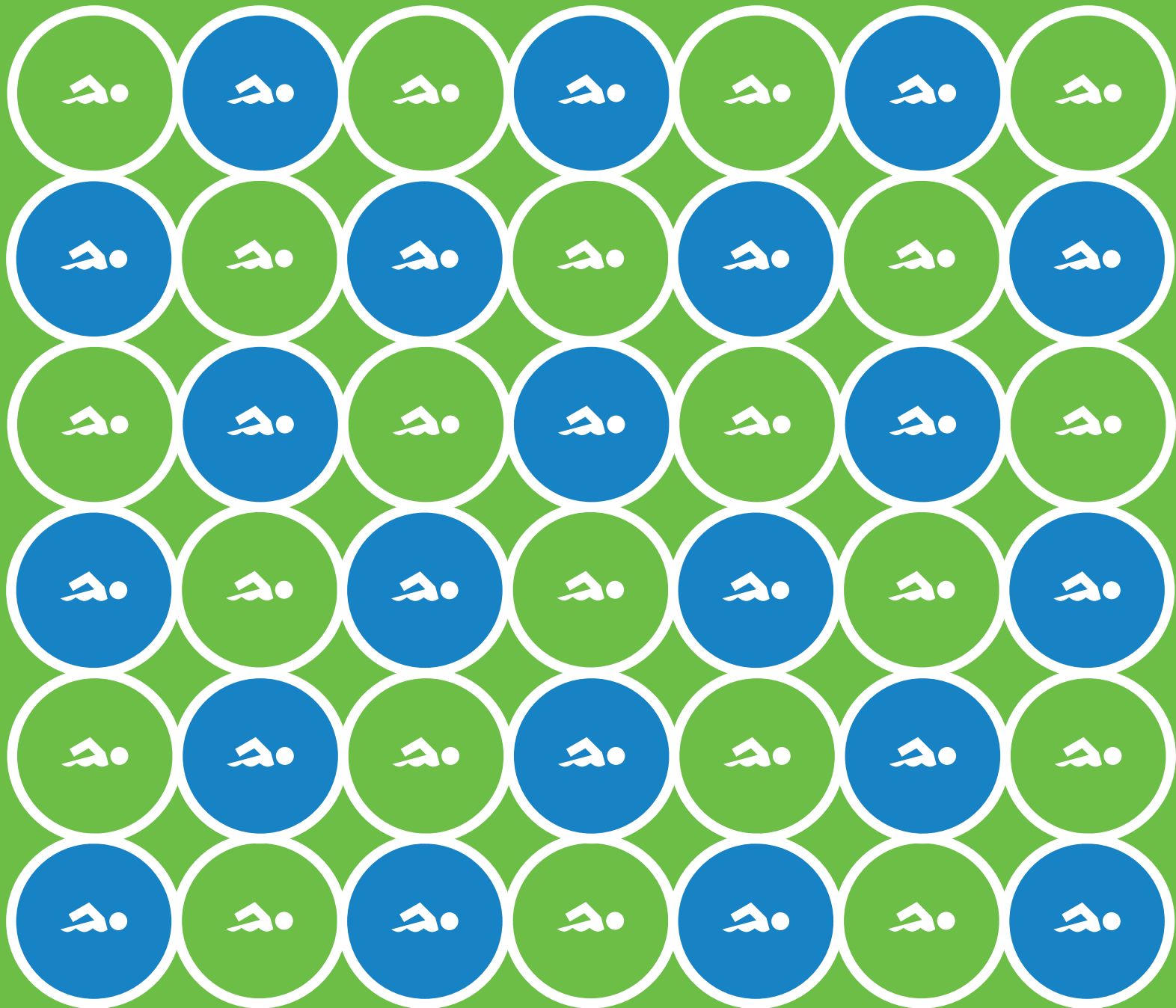
Metropolitan Recreation Center
261 Bedford Avenue
Fridays, 2:00 p.m. – 3:00 p.m.

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Bronx

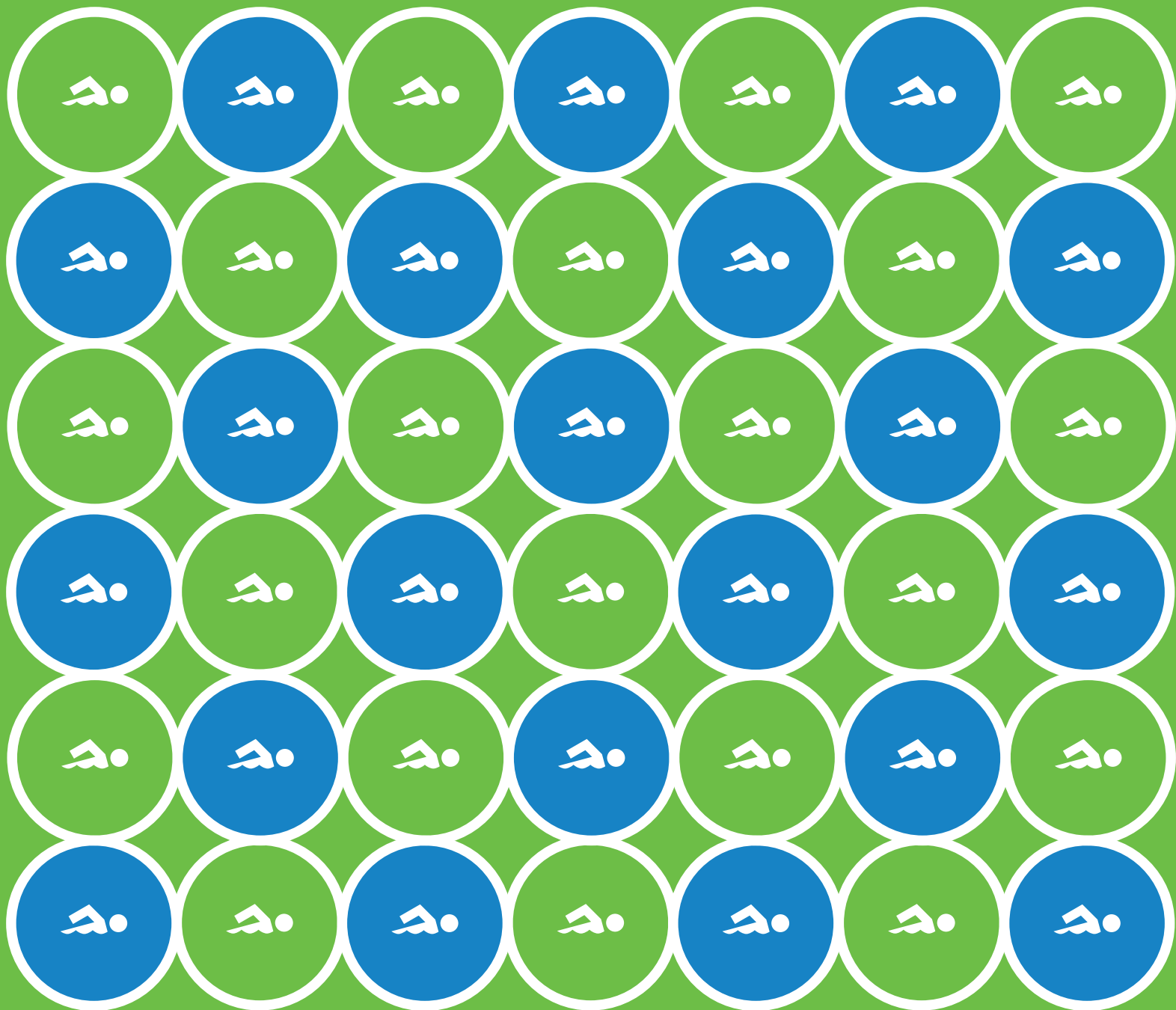
St. Mary's Recreation Center
450 St. Ann's Avenue
Fridays, 4:30 p.m. – 5:30 p.m.

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Queens

Roy Wilkins Recreation Center
177th Street & Baisley Boulevard
Fridays, 4:00 p.m. – 5:00 p.m.

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