



Department of Parks and Recreation

City of Suffolk
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NEWS RELEASE-

FOR IMMEDIATE RELEASE

SUFFOLK, VA – June 15, 2009 – How many times will you and your child go swimming, boating or fishing this summer? For a non-swimmer, every minor accident can turn into a disaster. You can help avoid potential disaster by learning how to swim!



Swim lessons will be held at Cypress Park Pool, 2001 Arizona Avenue. Each of the following sessions is held for two weeks, Monday-Thursday, for one hour: Tadpole Tots: June 15-25, 11 a.m.; Beginner Swim: June 15-August 6, 10 a.m.; Intermediate Swim: July 27- August 6, 9 a.m. The fee is \$30 per session.

In order to participate in the Tadpole Tots program, children must be toilet trained or wear a swimming diaper. Children must pass Beginner Swim in order to participate in the Intermediate Swim program. Registration is in progress and is held at the Parks and Recreation Administrative Office, 110 W. Finney Avenue.

For more information, please contact the Suffolk Parks and Recreation Athletic Office at 514-7254 or Cypress Park Pool at 923-2384.

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Don't Hesitate . . . Recreate!