



# 2024 FREE LEARN-TO-SWIM PROGRAM

## MONTAUK DOWNS STATE PARK

The Office of Parks, Recreation and Historic Preservation (State Parks) announced that New York State will provide free Learn-to-Swim programs. Enrollment for the Learn-to-Swim program for children is open at all participating New York State parks. Participants' parents are asked to sign up ahead of time as space is limited and expected to fill up quickly. Each swim program is 30 minutes in duration and participants who enroll and attend at least 3 lessons will receive New York State Parks swag.

The Learn-to-Swim Program incorporates guidelines set forth by the American Red Cross to teach swimming and water safety skills. Our morning Learn-to-Swim Program is for children ages 3 through 15, at Montauk Downs State Park. It is encouraged that participants bring their own goggles and a swim cap.

### Montauk Downs Pool

Dates: July 8, 15, 22, 29 August 5, 12 (**Mondays**)

Times: 8am-8:30am = Level 1 & Level 3

8:45am-9:15am = Level 2

9:30am-10am = Parent and Child

9:30am-10am = Pre-K

<https://bookwhen.com/learntoswimli>

