



## Swim Prep

Through this program, intermediate and advanced-level swimmers receive free personalized training to improve their speed, endurance, and stroke technique. Participants 16 or older can develop the skills and confidence needed to pass the lifeguard qualifying exam and/or water safety instructor entrance requirements. Register for as few or as many sessions as needed to reach your personal goal!

**October 15, 2024 – March 29, 2025**

**Flushing Meadows Corona Park Pool** | 131-04 Meridian Rd., Queens, N.Y. 11368  
**Tuesdays | 5:00 p.m. – 6:30 p.m.**

**Constance Baker Motley Pool** | 348 East 54 St., New York, N.Y. 10022  
**Saturdays | 3:00 p.m. – 4:00 p.m.**

**St. John's Pool** | 1251 Prospect Place., Brooklyn, N.Y. 11213  
**Saturdays | 3:00 p.m. – 4:00 p.m.**

**Register online at [nyc.gov/parks/Citywideaquatics](https://nyc.gov/parks/Citywideaquatics) beginning on September 23, 2024.**

**Registration is available online and takes place on a weekly basis, first come, first served. If space is available, walk-ins are accepted.**

For more information visit [nyc.gov/parks](https://nyc.gov/parks) or call (718) 760-6969. Contact [accessibility@parks.nyc.gov](mailto:accessibility@parks.nyc.gov) or (212) 360-1430 for more information regarding accessibility.



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