

Red Cross Swimming Lessons

Registration deadline for all swimming lessons is one week prior to session start date.
Golden Valley, New Hope and Robbinsdale residents are eligible for resident rates.

Level 1: Introduction to Water Safety Minimum age 4

Purpose: Help students feel comfortable in the water. **Major Skills:** Independent floating/glides on the front and back.
Class size: 9, **Night class size:** 5 (minimum 3)

Times	Session 1 June 17–28	Session 2 July 8–19	Session 3 July 22–Aug. 2	Session 4 Aug. 5–16
9 – 9:45 a.m.	NA	S56501B1	S56501C1	S56501D1
10 – 10:45 a.m.	S56501A2	S56501B2	S56501C2	S56501D2
11 – 11:45 a.m.	S56501A3	S56501B3	S56501C3	S56501D3
12 – 12:45 p.m.	S56501A4	S56501B4	S56501C4	NA
5:30 – 6:15 p.m.	S56501A5	S56501B5	S56501C5	S56501D5
6:30 – 7:15 p.m.	S56501A6	S56501B6	NA	NA
Fee	\$53 residents, \$60 non-residents			

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS Passed Level 1 or equivalent

Purpose: Gives students success with fundamental skills. Will work on floats, glides, treading water, swimming on front and back.
Major Skills: Swimming 5 body lengths on the front and back using a combined arm and leg motion.
Class size: 6, **Night class size:** 5 (minimum 3)

Times	Session 1 June 17–28	Session 2 July 8 – 19	Session 3 July 22–Aug. 2	Session 4 Aug. 5–16
9 – 9:45 a.m.	NA	S56502B1	S56502C1	S56502D1
10 – 10:45 a.m.	S56502A2	S56502B2	S56502C2	S56502D2
11 – 11:45 a.m.	S56502A3	S56502B3	S56502C3	S56502D3
12 – 12:45 p.m.	S56502A4	S56502B4	S56502C4	S56502D4
5:30 – 6:15 p.m.	S56502A5	S56502B5	S56502C5	S56502D5
6:30 – 7:15 p.m.	S56502A6	S56502B6	S56502C6	S56502D6
Fee	\$53 residents, \$60 non-residents			

LEVEL 3: STROKE DEVELOPMENT Passed Level 2 or equivalent

Purpose: Builds on the skills in Level 2 through additional guided practice. Will work on rotary breathing, kneeling/standing dives, front and back crawl, elementary backstroke and dolphin kick.
Major Skills: Swimming 15 yards of front and back crawl. **Class size:** 6, **Night class size:** 5 (minimum 3).

Times	Session 1 June 17–28	Session 2 July 8–19	Session 3 July 22–Aug. 2	Session 4 Aug. 5–16
9 – 9:45 a.m.	NA	S56503B1	S56503C1	S56503D1
10 – 10:45 a.m.	S56503A2	S56503B2	S56503C2	S56503D2
11 – 11:45 a.m.	S56503A3	S56503B3	S56503C3	S56503D3
12 – 12:45 p.m.	S56503A4	S56503B4	S56503C4	S56503D4
5:30 – 6:15 p.m.	S56503A5	S56503B5	S56503C5	S56503D5
6:30 – 7:15 p.m.	S56503A6	NA	S56503C6	S56503D6
Fee	\$53 residents, \$60 non-residents			

Level 4: Stroke Improvement Passed Level 3 or equivalent

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Will work on front crawl, back crawl, breast- stroke, elementary backstroke, butterfly, scissor kick and diving.

Major Skills: Swimming 25 yards of front and back crawl, elementary backstroke and breaststroke, sidestroke and butterfly.

Class size: 7, **Night class size:** 6 (minimum 3)

Times	Session1 June 17-28	Session 2 July 8-19	Session 3 July 22-Aug. 2	Session 4 Aug. 5-16
9 - 9:45 a.m.	NA	NA	S565041C1	S56504D1
10 - 10:45 a.m.	S56504A2	S56504B2	S56504C2	S56504D2
11 - 11:45 a.m.	S56504A3	S56504B3	S56504C3	S56504D3
12 - 12:45 p.m.	NA	NA	NA	S56504D4
6:30 - 7:15 p.m.	NA	NA	NA	S56504D6
Fee	\$53 residents, \$60 non-residents			

Level 5: Stroke Refinement Passed Level 4 or equivalent

Purpose: Provides further coordination and refinement of strokes. Will work on front and back crawl, breaststroke, butterfly, side- stroke, flip turns, open turns and diving.

Major Skills: Swimming 50 yards of front and back crawl, elementary backstroke, sidestroke, butterfly and 25 yards of breaststroke.

Class size: 7, **Night class size:** 6 (minimum 3)

Times	Session1 June 17-28	Session 2 July 8-19	Session 3 July 22-Aug. 2	Session 4 Aug. 5-16
9 - 9:45 a.m.	NA	S56505B1	NA	NA
10 - 10:45 a.m.	S56505A2	S56505B2	S56505C2	S56505D2
11 - 11:45 a.m.	S56505A3	NA	NA	NA
12 - 12:45 p.m.	NA	S56505B4	NA	S56505D4
6:30 - 7:15 p.m.	NA	NA	NA	NA
Fee	\$53 residents, \$60 non-residents			

Level 6: Swimming and Skill Proficiency Passed Level 5 or equivalent

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with two “menu” options. Each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. Both menus work on the endurance and turns for six strokes: front crawl, back crawl, breaststroke, elementary back stroke, sidestroke and butterfly.

MENUS:

1. Fundamentals of Diving (FD) – This menu continues to build on endurance swimming along with teaching swimmers safe diving skills from the side of the pool and diving board.

Class size: 8 (minimum 3).

2. Fitness Swimmer (FS) – This menu teaches how to make swimming a lifelong way to stay fit.

Class size: 8 (minimum 3).

Times	Session1 June 17-28	Session 2 July 8-19	Session 3 July 22-Aug. 2	Session 4 Aug. 5-16
12 - 12:45 p.m.	S56506A4 Fitness Swimmer	NA	S56506C4 Fundamentals of Diving	NA
Fee	\$53 residents, \$60 non-residents			

Water Tot and Parent

Water adjustment for tots ages 18 months-4 with little or no water experience. Introductory and recreational water activities. Must be accompanied by an adult. Children must wear swim diapers.

Class size: 8, **Night class size:** 7 (minimum 3)

Times	Session1 June 17-28	Session 2 July 8-19	Session 3 July 22-Aug. 2	Session 4 Aug. 5-16
11 - 11:30 a.m.	NA	NA	S56507C3	NA
12 - 12:30 p.m.	S56507A4	NA	NA	NA
6:30 - 7 p.m.	NA	S56507B6	S56507C6	NA
Fee	\$48 residents, \$55 non-residents			

Preschool Lil' Tots

For swimmers ages 3-5 who have little or no experience in or near water, but show independence from their parents. This class promotes safe water skills such as front and back floats. Children not fully potty trained must wear swim diapers.

Major Skills: Submerge under water, front and back float.

Class size: 4 (minimum 3)

Times	Session1 June 17-28	Session 2 July 8-19	Session 3 July 22-Aug. 2	Session 4 Aug. 5-16
9 - 9:30 a.m.	NA	S56508B1	S56508C1	S56508D1
11 - 11:30 a.m.	NA	S56508B3	NA	S56508D3
12 - 12:30 p.m.	NA	S56508B4	S56508C4	S56508D4
12:30 - 1 p.m.	NA	S56508B7	NA	S56508D7
Fee	\$48 residents, \$55 non-residents			

About Our Lessons

- Participants should enter the pool through the main entrance.
- Spectators will be allowed in the concession area only, children under 15 must be accompanied by an adult.
- Evening swim lessons occur during general pool hours.
- Parents and guardians are encouraged to be present the first day of class. The Pool Manager will go over lesson procedures.
- Entry level skills are required for most levels. Management may move swimmers to different levels based ability.
- Robbinsdale residents are eligible for resident rate.

Are Lessons Ever Canceled?

- Lessons are held in the bathhouse in the event of inclement weather.
- If weather is a concern, call the Weather line 763-531- 1170 option #1.
- Lessons missed by students will not be made up.
- Swimming lessons will not be made up due to inclement weather or classes missed by the participant.