

# Red Cross Swimming Lessons

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

## Level 1: Introduction to Water Safety Minimum age: 4; Class size: 9 (minimum 3).

**Purpose:** Help students feel comfortable in the water. **Major Skills:** Independent floating/glides on the front and back.

Times	Session 1 June 20 – July 1	Session 2 July 11 – 22	Session 3 July 25 – Aug. 5	Session 4 Aug. 8 – 19	Fee per Session
8:45 - 9:30 a.m.	NA	NA	S56501C1	S56501D1	\$55 residents, \$62 non-residents
9:45-10:30 a.m.	S56501A2	S56501B2	NA	S56501D2	
10:45-11:30 a.m.	S56501A3	S56501B3	S56501C3	S56501D3	
11:45 a.m.-12:30 p.m.	S56501A4	S56501B4	S56501C4	NA	

## LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

**Passed Level 1 or equivalent; Class size: 6 (minimum 3).**

**Purpose:** Gives students success with fundamental skills. Will work on floats, glides, treading water, swimming on front and back.

**Major Skills:** Swimming five body lengths on front and back using combined arm and leg motion.

Times	Session 1 June 20 – July 1	Session 2 July 11 – 22	Session 3 July 25 – Aug. 5	Session 4 Aug. 8 – 19	Fee per Session
8:45 - 9:30 a.m.	NA	S56502B1	NA	NA	\$55 residents, \$62 non-residents
9:45-10:30 a.m.	S56502A2	NA	S56502C2	S56502D2	
10:45-11:30 a.m.	S56502A3	S56502B3	S56502C3	S56502D3	
11:45 a.m.-12:30 p.m.	S56502A4	S56502B4	S56502C4	S56502D4	

## LEVEL 3: STROKE DEVELOPMENT Passed Level 2 or equivalent; Class size: 6 (minimum 3).

**Purpose:** Builds on Level 2 skills with additional guided practice. 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.

Times	Session 1 June 20 – July 1	Session 2 July 11 – 22	Session 3 July 25 – Aug. 5	Session 4 Aug. 8 – 19	Fee per Session
8:45 - 9:30 a.m.	NA	S56503B1	S56503C1	S56503D1	\$55 residents, \$62 non-residents
9:45-10:30 a.m.	S56503A2	S56503B2	S56503C2	NA	
10:45-11:30 a.m.	S56503A3	S56503B3	S56503C3	S56503D3	
11:45 a.m.-12:30 p.m.	NA	NA	NA	S56503D4	

## Level 4: Stroke Improvement Passed Level 3 or equivalent; Class size: 6 (minimum 3).

**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.

Times	Session 1 June 20 – July 1	Session 2 July 11 – 22	Session 3 July 25 – Aug. 5	Session 4 Aug. 8 – 19	Fee per Session
8:45 - 9:30 a.m.	NA	NA	S56504C1	S56504D1	\$55 residents, \$62 non-residents
9:45-10:30 a.m.	S56504A2	S56504B2	S56504C2	S56504D2	
10:45-11:30 a.m.	S56504A3	S56504B3	S56504C3	S56504D3	
11:45 a.m.-12:30 p.m.	NA	NA	NA	S56504D4	

# Red Cross Swimming Lessons

## Level 5: Stroke Refinement Passed Level 4 or equivalent; Class size: 7 (minimum 3).

**Purpose:** Provide 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:** Swim 50 yards of front and back crawl, elementary backstroke, sidestroke, butterfly and 25 yards of breaststroke.

Times	Session 1 June 20 – July 1	Session 2 July 11 – 22	Session 3 July 25 – Aug. 5	Session 4 Aug. 8 – 19	Fee per Session
8:45 - 9:30 a.m.	NA	S56505B1	NA	NA	\$55 residents, \$62 non-residents
9:45-10:30 a.m.	S56505A2	S56505B2	S56505C2	S56505D2	
10:45-11:30 a.m.	NA	NA	NA	NA	
11:45 a.m.-12:30 p.m.	NA	S56505B4	NA	NA	

## Level 6: Swimming & Skill Proficiency Passed Level 5 or equivalent; Class size: 8 (min. 3).

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

**1. Fitness Swimmer** – This menu teaches how to make swimming a lifelong way to stay fit.

**MENUS:** **2. Fundamentals of Diving** – 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.

Times	Session 1 June 20 – July 1	Session 2 July 11 – 22	Session 3 July 25 – Aug. 5	Session 4 Aug. 8 – 19	Fee per Session
11:45 a.m.-12:30 p.m.	S56506A4 Fitness Swimmer	NA	S56506C4 Fundamentals of Diving	NA	\$55 residents, \$62 non-residents

## Preschool Lil’ Tots Class size: 8 (minimum 3).

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.

Times	Session 1 June 20 – July 1	Session 2 July 11 – 22	Session 3 July 25 – Aug. 5	Session 4 Aug. 8 – 19	Fee per Session
8:45 - 9:15 a.m.	NA	S56508B1	S56508C1	S56508D1	\$50 residents, \$57 non-residents
10:45-11:15 a.m.	NA	S56508B3	NA	S56508D3	
11:45 a.m.-12:15 p.m.	NA	S56508B4	S56508C4	S56508D4	

## Water Tot and Parent

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

Activity #	Date	Time
S56507A4	Session 1: June 20 – July 1	11:45 a.m.-12:15 p.m.
<b>Location</b>	Crystal Cove Aquatic Center	
<b>Fee</b>	\$50 residents, \$57 non-residents	

## 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 at 763-531-1170, option #1.
- Lessons missed by students will not be made up.
- Lessons are not made up due to inclement weather.