

# 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; Class size: 4.

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

Times	Session 1 June 21 – July 2	Session 2 July 12 – 23	Session 3 July 26 – Aug. 6	Session 4 Aug. 9 – 20
9 – 9:45 a.m.	NA	NA	S56501C1	S56501D1
10 – 10:45 a.m.	S56501A2	S56501B2	NA	S56501D2
11 – 11:45 a.m.	S56501A3	S56501B3	S56501C3	S56501D3
12 – 12:45 p.m.	S56501A4	S56501B4	S56501C4	NA
Fee	\$55 residents, \$62 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 five body lengths on front and back using combined arm and leg motion. **Class size:** 4.

Times	Session 1 June 21 – July 2	Session 2 July 12 – 23	Session 3 July 26 – Aug. 6	Session 4 Aug. 9 – 20
9 – 9:45 a.m.	NA	S56502B1	NA	NA
10 – 10:45 a.m.	S56502A2	NA	S56502C2	S56502D2
11 – 11:45 a.m.	S56502A3	S56502B3	S56502C3	S56502D3
12 – 12:45 p.m.	S56502A4	S56502B4	S56502C4	S56502D4
Fee	\$55 residents, \$62 non-residents			

## LEVEL 3: STROKE DEVELOPMENT Passed Level 2 or equivalent; Class size: 4.

**Purpose:** Builds the skills in Level 2 thru 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	Session1 June 21 – July 2	Session 2 July 12 – 23	Session 3 July 26 – Aug. 6	Session 4 Aug. 9 – 20
9 – 9:45 a.m.	NA	S56503B1	S56503C1	S56503D1
10 – 10:45 a.m.	S56503A2	S56503B2	S56503C2	NA
11 – 11:45 a.m.	S56503A3	S56503B3	S56503C3	S56503D3
12 – 12:45 p.m.	NA	NA	NA	S56503D4
Fee	\$55 residents, \$62 non-residents			

## Level 4: Stroke Improvement Passed Level 3 or equivalent; Class size: 4.

**Purpose:** Develop confidence in skills learned and improves other skills. 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	Session1 June 21– July 2	Session 2 July 12 – 23	Session 3 July 26 – Aug. 6	Session 4 Aug. 9 – 20
9 – 9:45 a.m.	NA	NA	S56504C1	S56504D1
10 – 10:45 a.m.	NA	S56504B2	S56504C2	S56504D2
11 – 11:45 a.m.	S56504A3	NA	S56504C3	NA
12 – 12:45 p.m.	NA	NA	NA	S56504D4
Fee	\$55 residents, \$62 non-residents			

# Red Cross Swimming Lessons

## Level 5: Stroke Refinement Passed Level 4 or equivalent; Class size: 4.

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

Times	Session1 June 21 – July 2	Session 2 July 12 – 23	Session 3 July 26 – Aug. 6	Session 4 Aug. 9 – 20
9 – 9:45 a.m.	NA	S56505B1	NA	NA
10 – 10:45 a.m.	S56505A2	S56505B2	S56505C2	S56505D2
11 – 11:45 a.m.	NA	NA	NA	NA
12 – 12:45 p.m.	NA	S56505B4	NA	NA
Fee	\$55 residents, \$62 non-residents			

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

**Purpose:** Refines the strokes so students swim with ease, efficiency, power and smoothness. Level 6 has two menu options. Each prepares for advanced courses, including Water Safety Instructor and Lifeguard Training. Both work on endurance and turns for 6- strokes: front crawl, back crawl, breaststroke, elementary back stroke, sidestroke and butterfly. **MENU:**

- 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: 4.**
- 2. Fitness Swimmer (FS)** – This menu teaches how to make swimming a lifelong way to stay fit. **Class size: 4**

Times	Session1 June 21 – July 2	Session 2 July 12 – 23	Session 3 July 26 – Aug. 6	Session 4 Aug. 9 – 20
12 – 12:45 p.m.	S56506A4 Fitness Swimmer	NA	S56506C4 Fundamentals of Diving	NA
Fee	\$55 residents, \$62 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**

Times	Session1 June 21 – July 2	Session 2 July 12 – 23	Session 3 July 26 – Aug. 6	Session 4 Aug. 9 – 20
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	\$50 residents, \$57 non-residents			

**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 21 – July 2	12 – 12:30 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.
- Swimming lessons are not made up due to inclement weather.