



SWIM LESSONS

Fall 2019

Our American Red Cross trained instructors help develop water safety and swimming skills for all ages and abilities in a positive and fun learning environment.

Reduced rates for group swim lessons are available to district families who qualify for free and reduced meals. 651-748-7442



REGISTER

Online: www.isd622.org/swim

Phone: 651-748-7442

In person: 2520 12th Ave E, N St Paul MN 55109

Hmong/Hmoob 612-707-8454

Spanish/Español 651-788-3664

Somali/Soomaali 612-707-8439

Parent/Child Classes

(6 months–5 years with adult, child must wear swim diaper if not trained)

You will assist your child in developing water skills through games and play.

Parent/Tot 1 (6 months–2 years)

Develop water readiness through games and play.

Parent/Tot 2 (2–4 years)

Learn basic swim skills through group activities.

Parent/Tot 1 & 2 (6 months–4 years)

Develop water readiness, safety and basic swim skills.

Parent/Preschooler (3–5 years)

A graduate of Parent/Tot 2 or will put face under water. Children learn basic swimming techniques through drills and play.

30
minute
classes

Preschool Classes (4–5 years)

Your child will develop water skills through games and play without a parent in the pool.

Turtles (Preschool 1)

Child who will not put face in the water. Child will learn basic swim skills while increasing his/her comfort level.

Bobbers (Preschool 2)

Child will put face in the water and is comfortable in the water.

Super Kids (Preschool 3)

Child who can float on front and back and is ready to learn how to swim independently.

30
minute
classes

Learn-to-Swim Classes

(6 years and older)

American Red Cross Learn-to-Swim classes help youth progress through 6 levels to learn fundamentals, master strokes, and increase endurance.

Level 1 & 2: Fundamental Skills Introduction to Water Skills—floating, gliding, leg & arm movements.

Level 3: Stroke Development Passed Level 2 or can jump in deep water, swim on front and back for 30 feet. Class skills include Front Crawl, introduction to Elementary Backstroke and deep water.

Level 4: Stroke Improvement Passed Level 3. Elementary Backstroke, Sidestroke, Butterfly kick.

Level 5: Stroke Refinement Passed Level 4. Increase endurance of all strokes. Breaststroke, Butterfly, and Sidestroke.

Level 6: Personal Water Safety or Fitness Swimmer

Passed Level 5. Core skills are the same.

Personal Water Safety: emphasis on self-rescue, survival float, survival swimming.

Fitness Swimmer: emphasis on learning to increase and evaluate personal fitness.

55
minute
classes

Private & Semi-Private Swim Lessons

For Children or Adults. Instructor customizes each 30 minute lesson. Register online for private lessons. Call for additional times or to register 2 or more for semi-private lessons.

Girls Swim Night Out

The John Glenn pool is exclusively for girls and women on select Friday nights. Visit www.isd622.org/swim for details.

Sept 20, Oct 11, Nov 22, Dec 13, 2019 & Jan 24, Feb 28, Mar 20, April 17, 2020
Swimming: 6:30–8:00 pm
Refreshments: 8:00–9:00 pm
(A partnership with ISD 622 Office of Equity)

Photo courtesy of Lille News



**John Glenn Middle School
1560 County Rd B, Maplewood 55109**

CLASS	Monday Oct 7–Nov 25		Wednesday Oct 2–Nov 20		Saturday Oct 5–Dec 7 <small>(no class Oct 19, Nov 30)</small>	
	8 Lessons \$80		8 Lessons \$80		8 Lessons \$80	
	Time	Class #	Time	Class #	Time	Class #
Parent/Tot 1	5:30 pm	SPT1A	5:30 pm	SPT1B	9:00 am	SPT1C
Parent/Tot 2	6:00 pm	SPT2A	6:00 pm	SPT2B	9:30 am	SPT2C
Parent/Preschooler	6:30 pm	SP1			10:00 am	SP2
Turtles	5:30 pm	STU1	6:00 pm	STU2	9:00 am	STU3
Bobbers	6:00 pm	SB1	5:30 pm	SB3	9:30 am	SB5
	6:30 pm	SB2	6:30 pm	SB4	10:00 am	SB6
Super Kids	6:30 pm	SSK1	6:30 pm	SSK2	10:00 am	SSK3
Level 1 and 2	5:30 pm	S1A	5:30 pm	S1C	9:00 am	S1E
	7:00 pm	S1B	6:30 pm	S1D	10:30 am	S1F
Level 3	7:00 pm	S3A	7:00 pm	S3B	10:30 am	S3C
Level 4	7:00 pm	S4A	7:00 pm	S4B	10:30 am	S4C
Private Lessons (8 - 30 min lessons \$192)			7:30 pm	SPJ1	11:30 am	SPJ2
					11:30 am	SPJ3
					11:30 am	SPJ4

**Water Workout
at John Glenn**

Tuesday, Oct 1–Dec 3
(no class Oct 22, Nov 5)
7:30–8:30 pm
8 sessions \$64
Class #SW1

Tone muscles while improving flexibility and endurance. The class includes stretching and a light, low-impact aerobic workout. Stairway access to pool. Walk-in rate is \$10 per class (check or exact cash preferred).

**Cardio Water Workout
at Skyview**

Wednesday, Oct 9–Dec 11
(no class Nov 27)
7:00–8:00 pm
9 sessions \$72
Class #SC1

Increase cardiovascular endurance and muscular strength during this total body aquatic workout. No swimming ability is necessary. Walk-in rate is \$10 per class (check or exact cash preferred).

Reduced rates for group swim lessons at John Glenn and Skyview are available to district families who qualify for free and reduced meals. Call 651-748-7442 to register.

**Skyview Community School
1100 Heron Ave E, Oakdale 55128**

CLASS	Monday Oct 7–Nov 25		Tuesday Oct 29–Dec 17 <small>(no class Nov 5)</small>		Saturday Oct 5–Dec 7 <small>(no class Oct 19, Nov 30)</small>	
	8 Lessons \$80		7 Lessons \$70		8 Lessons \$80	
	Time	Class #	Time	Class #	Time	Class #
Parent/Tot 1 & 2			6:00 pm	SPT12A		
Bobbers			6:30 pm	SB7	1:00 pm	SB8
Level 1 and 2	6:00 pm	S1G	6:00 pm	S1J	9:30 am	S1L
	7:00 pm	S1H	7:00 pm	S1K	10:30 am	S1M
Level 3					1:00 pm	S1N
	6:00 pm	S3D	6:00 pm	S3E	10:30 am	S3G
Level 4			7:00 pm	S3F		
	6:00 pm	S4D	6:00 pm	S4E	9:30 am	S4F
Level 5	7:00 pm	S5A	7:00 pm	S5B	11:30 am	S5C
Level 6	7:00 pm	S6A	7:00 pm	S6B	11:30 am	S6C
Private Lessons (8 - 30 min lessons \$192)					9:00 am	SPS1
					9:00 am	SPS2
					1:30 pm	SPS3

**Fall Open Swim
& Lap Swim**

Saturdays at Skyview
2:00–3:30 pm



Oct 5–Dec 7
(no class Oct 19, Nov 9, Nov 30)

Walk-in Rate:
Adults \$4
Student/Child \$3
Immediate Family \$10



Swim programs on Tue, Wed & Sat afternoons at Skyview are offered in partnership with the City of Oakdale.