



SWIM LESSONS

Summer 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.

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/Soomali 612-707-8439.

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



55
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.

30
minute
classes

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.

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.

Level 1 & 2 classes twice weekly
Tuesday and Thursday evenings at Skyview

July 9–August 1

8 lessons - \$72

6:00 pm...Class #S1P

7:00 pm...Class #S1Q



DAYTIME LESSONS | Monday -Thursday (8 lessons)
Skyview Community School 1100 Heron Ave E., Oakdale MN 55128

Group Lessons - 8 lessons \$72

Class	Session 1 June 17-27		Session 2 July 8-18		Session 3 July 22-August 1	
	Time	Class #	Time	Class #	Time	Class #
Turtles	9:00 am	SDTU1				
Bobbers	9:30 am	SDB1	9:00 am	SDB2	9:00 am	SDB3
Super Kids			9:30 am	SDSK1	9:30 am	SDSK2
Level 1 & 2	9:00 am	SD1A	9:00 am	SD1D	9:00 am	SD1G
Level 1 & 2	10:00 am	SD1B	10:00 am	SD1E	10:00 am	SD1H
Level 1 & 2	11:00 am	SD1C	11:00 am	SD1F	11:00 am	SD1J
Level 3	9:00 am	SD3A	9:00 am	SD3C	9:00 am	SD3F
Level 3	10:00 am	SD3B	10:00 am	SD3D	10:00 am	SD3G
Level 3			11:00am	SD3E		
Level 4	10:00 am	SD4A	10:00 am	SD4B	10:00 am	SD4C
Level 5	11:00 am	SD5A			11:00 am	SD5B
Level 6	11:00 am	SD6A			11:00 am	SD6B

Private Lessons - 8 lessons \$184

Time	Session 1 June 17-27	Session 2 July 8-18	Session 3 July 22-Aug 1
	Class #	Class #	Class #
11:00 am	SDS1	SDS3	SDS5
11:30 am	SDS2	SDS4	SDS6



EVENING LESSONS | Once a week (7 lessons) Group \$63 | Private \$161

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

Class	Monday June 10 - July 29 <i>(no class July 1)</i>		Tuesday June 11 - July 30 <i>(no class July 2)</i>		Thursday June 13 - August 1 <i>(no class July 4)</i>	
	Time	Class #	Time	Class #	Time	Class #
Parent Tot 1						
Parent Tot 2						
Parent/Tot 1 & 2	6:00 pm	SPT12A	6:00 pm	SPT12B		
Parent/Preschooler	6:30 pm	SP1				
Turtles					6:00 pm	STU1
Bobbers	6:00 pm	SB1	6:30 pm	SB2	7:00 pm	SB3
Bobbers						
Super Kids	7:00 pm	SK1			6:30 pm	SK2
Level 1 & 2	6:00 pm	S1A	6:00 pm	S1C	6:00 pm	S1E
Level 1 & 2	7:00 pm	S1B	7:00 pm	S1D	7:00 pm	S1F
Level 3	6:30 pm	S3A	7:00 pm	S3B	6:00 pm	S3C
Level 3					7:00 pm	S3D
Level 4	7:30 pm	S4A	6:00 pm	S4B	6:00 pm	S4C
Level 5	7:30 pm	S5A	7:00 pm	S5B	7:30 pm	S5C
Level 6	7:30 pm	S6A			7:30 pm	S6B
Private	6:00 pm	SS1	<i>Tuesday evening offered in partnership with the City of Oakdale.</i>		7:00 pm	SS5
Private	6:30 pm	SS2			8:00 pm	SS6
Private	7:00 pm	SS3			8:00 pm	SS7
Private	8:00 pm	SS4				
Private						

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

Monday June 10 - July 29 <i>(no class July 1)</i>		Wednesday June 12 - July 31 <i>(no class July 3)</i>	
Time	Class #	Time	Class #
5:30 pm	SPT1A	5:30 pm	SPT1B
6:00 pm	SPT2A	6:00 pm	SPT2B
		6:30 pm	SP2
5:30 pm	STU2	5:30 pm	STU3
5:30 pm	SB4	5:30 pm	SB5
		6:30 pm	SB6
6:30 pm	SK3	6:00 pm	SK4
6:00 pm	S1G	6:00 pm	S1J
7:00 pm	S1H	7:00 pm	S1K
6:00 pm	S3E	7:00 pm	S3G
7:00 pm	S3F		
7:00 pm	S4D	7:00 pm	S4E
		5:30 pm	SJ1
		6:00 pm	SJ2
		6:30 pm	SJ3
		7:00 pm	SJ4
		7:30 pm	SJ5

Level 1 & 2 - Swim Class at Skyview
Twice Weekly Tuesdays & Thursdays
July 9-August 1 8 lessons - \$72
Level 1 & 2....6:00 pm Class # S1P
Level 1 & 2....7:00 pm Class #S1Q