



SWIM LESSONS Winter 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 Yog koj xav tau ib tug neeg txhais lus Hmoob, thov hu rau 612-707-8454.

Spanish/Español Para más información en ESPAÑOL acerca de este documento, por favor comuníquese con 651-788-3664.

Somali/Soomali Haddii aad u baahan tahay macluumaad af Soomali ah fadlan la xiriiir 612-707-8439.

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



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 will customize each 30 minute lesson. Register online for private lessons. Call for additional times or to register 2 or more for semi-private lessons.

John Glenn Middle School - 1560 County Rd B Maplewood 55109

CLASS	Monday Jan 14–Mar 4 (no class Feb 18)		Wednesday Jan 16–Feb 27		Saturday Jan 19–Mar 2	
	7 Lessons \$63		7 Lessons \$63		7 Lessons \$63	
	Time	Class #	Time	Class #	Time	Class #
Parent/Tot 1	5:30 pm	SWPT1A	6:00 pm	SWPT1B	9:00 am	SWPT1C
Parent/Tot 2	6:00 pm	SWPT2A	6:30 pm	SWPT2B	9:30 am	SWPT2C
Parent/Preschooler	6:30 pm	SWP1			10:00 am	SWP2
Turtles	5:30 pm	SWTU1	5:30 pm	SWTU2	9:00 am	SWTU3
Bobbers	5:30 pm	SWB1	5:30 pm	SWB3	9:00 am	SWB5
	6:30 pm	SWB2	6:30 pm	SWB4	10:00 am	SWB6
Super Kids	6:00 pm	SWSK1	6:00 pm	SWSK2	9:30 am	SWSK3
Level 1 and 2	6:00 pm	SW1A	6:00 pm	SW1C	9:30 am	SW1E
	7:00 pm	SW1B	7:00 pm	SW1D	10:30 am	SW1F
Level 3	7:00 pm	SW3A	7:00 pm	SW3B	10:30 am	SW3C
Level 4	7:00 pm	SW4A	7:00 pm	SW4B	10:30 am	SW4C
Private Lessons (7 - 30 min lessons \$161)			5:30 pm	SPWJ1	11:30 am	SPWJ2
					11:30 am	SPWJ3
					11:30 am	SPWJ4

Water Workout at John Glenn

Tuesday, Jan 15–Mar 5
(no class Jan 29)
7:00 - 8:00 pm
7 sessions \$56
Class #SW2

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, Jan 16–Mar 6
7:00 - 8:00 pm
8 sessions \$64
Class #SC2

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).

Skyview Community School – 1100 Heron Ave Oakdale 55128

CLASS	Monday Jan 14–Mar 4 (no class Feb 18)		Tuesdays Jan 15–Mar 5 (no class Feb 26)		Saturday Jan 12–Mar 2 (no class Jan 26)	
	7 Lessons \$63		7 Lessons \$63		7 Lessons \$63	
	Time	Class #	Time	Class #	Time	Class #
Parent/Tot 2			6:00 pm	SWPT2D		
Bobbers			6:30 pm	SWB7	1:00 pm	SWB8
Level 1 and 2	6:00 pm	SW1G	6:00 pm	SW1J	9:30 am	SW1L
	7:00 pm	SW1H	7:00 pm	SW1K	10:30 am	SW1N
Level 3			6:00 pm	SW3E	1:00 pm	SW1P
	6:00 pm	SW3D	7:00 pm	SW3F	9:30 am	SW3G
Level 4	6:00 pm	SW4D	6:00 pm	SW4E	10:30 am	SW4F
Level 5	7:00 pm	SW5A	7:00 pm	SW5B	11:30 am	SW5C
Level 6	7:00 pm	SW6A	7:00 pm	SW6B	11:30 am	SW6C
Private Lessons (7 - 30 min lessons \$161)					9:00 am	SPWS1
					9:00 am	SPWS2
					1:30 pm	SPWS3



Winter Open Swim & Lap Swim

Saturdays at Skyview
2:00–3:30 pm
Jan 12–Mar 2
(no Open Swim Jan 26)

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.



Girls Swim Night Out

The pool is open just for girls and women on select Friday nights.
Jan 18 | Feb 15 | Mar 22 | Apr 5 | May 10
John Glenn Middle School
Swimming 6:30–8:00 pm
Refreshments: 8:00–9:00 pm
Visit www.isd622.org/swim for more details.
A partnership with District 622 Office of Educational Equity



Photo courtesy of Lille News