

# Swimming Lessons

January - March, 2010

District 622 Community Education offers quality swimming activities for all ages. Our experienced and caring instructors have been trained by the American Red Cross. They will help you or your child/children develop water safety and swimming skills in a positive learning environment.



*Cardio Water Workout, Water Workout, and Arthritis Water Fitness classes for adults are also listed in this flyer. Make water activities your fitness choice this winter. Lessons will be held at Skyview Community School and John Glenn Middle School.*

Call: 651-748-7434

FAX: 651-748-7497

Website: <http://communityeducation.isd622.org>

## Youth Class Descriptions

### Preschool Swimming Classes

**Water Adjustment** (Child must wear a swim diaper in the pool if not toilet trained.)

#### Mini Tots

6 months to 2 1/2 years - with parent

#### Tiny Tots

2 1/2 to 5 years - with parent

#### Turtles - (Preschool 1)

4 - 5 year olds who *will not* put their faces in the water - no parent.

#### Bobbers - (Preschool 2)

4 - 5 year olds who *will* put their faces in the water - no parent.

#### Super Kids - (Preschool 3)

4 - 5 year olds who can swim 10 feet with their face in the water - no parent.

*All preschool classes are 30 minutes in length. Turtles, Bobbers, & Super Kids are limited to 6 in a class.*

### Private & Semi-Private

Available at Skyview & John Glenn on Saturday mornings for ages 6 and up.

Four 30 minute lessons.

(Semi-Private - must register two children of the same ability.)

Refer to pages 2 and 3 for more details.

### 6 years & Older Classes

#### 1 & 2 - Fundamental Skills

Learn to swim comfortably on front and back, water safety.

#### 3 - Stroke Development

**Prerequisite:** Pass Level 2 or be able to jump in deep water, swim on front 5 yards, turn over - swim on back 5 yards. Learn front crawl, back crawl, tread water, whip kick, and water safety.

#### 4 - Stroke Improvement

**Prerequisite:** Pass Level 3  
Improvement of Level 3 skills, learn elementary backstroke, side stroke, butterfly kick, and water safety.

#### 5 - Stroke Refinement

**Prerequisite:** Pass Level 4  
Endurance of all strokes, learn breast-stroke, butterfly, turns, and water safety.

#### 6 - Fitness Swimmer

**Prerequisite:** Pass Level 5. Must be proficient in all strokes learned in previous levels. Build endurance for a healthy lifestyle and/or competitive swimming.

#### 7 - Personal Water Safety

**Prerequisite:** Pass Level 6. Must be proficient in all strokes learned in previous levels. Learn safety skills and introduction to lifeguarding skills.

*Level 1 - Level 7 - Actual time spent in the pool is 55 minutes.*

## Miscellaneous Activities

### Swimming Lessons for Teens/Adults

It is never too late to learn to swim or improve your water skills. Small class size. Work at your individual level. See John Glenn Wednesday's Schedule on page 2 for class details.

### Lifeguard Training

Earn your Red Cross Certificate.

Training will be held at Maplewood Middle School.

Friday, Jan 8 5:30 - 9:30 pm  
Saturday, Jan 9 9:00 am - 5:00 pm  
Sunday, Jan 10 9:00 am - 5:00 pm  
Saturday, Jan 16 9:00 am - 5:00pm

Call 748-7434 for more information or to register.

### Pool Rentals

Rent John Glenn, Maplewood, or Skyview pools for parties, scout badge work, water polo, and more. Adult chaperone must accompany youth groups.  
Cost: \$75 - \$125/hour depending on day and number of swimmers.  
Call 651-748-7439 to reserve pool.

### Swim Lessons for Youth with Disabilities

Call 651-748-7434 for more information.

# JOHN GLENN MIDDLE SCHOOL POOL

1560 County Rd B East

Maplewood, MN 55109

(83 degrees with corner stairway entry)

## Monday Nights @ John Glenn Pool

7 Lessons 1/25 – 3/22, Fee: \$49

(no lessons 2/1, 2/15)

Mini Tots	6-6:30 pm	#SWM1
Tiny Tots	6:30-7 pm	#SWT1
Turtles	6:30-7 pm	#SWTU1
Bobbers	5:30-6 pm	#SWB1
Bobbers	6-6:30 pm	#SWB2
Super Kids	7-7:30 pm	#SWSK1
Level 1 & 2	5:30-6:25 pm	#SW1A
Level 1 & 2	7:30-8:25 pm	#SW1B
Level 3	6:30-7:25 pm	#SW3A
Level 4	7:30-8:25 pm	#SW4A

## Saturday Daytime @ John Glenn Pool

8 Lessons 1/23 – 3/13 Fee: \$56

Mini Tots	10-10:30 am	#SWM4
Tiny Tots	10:30-11 am	#SWT4
Turtles	9:30-10 am	#SWTU4
Turtles	11-11:30 am	#SWTU5
Bobbers	9-9:30 am	#SWB8
Bobbers	10:30-11 am	#SWB9
Super Kids	10-10:30 am	#SWSK5
Super Kids	11:30-12 pm	#SWSK6
Level 1 & 2	9-9:55 am	#SW1F
Level 1 & 2	12-12:55 pm	#SW1G
Level 3	11-11:55 am	#SW3E
Level 4	10-10:55 am	#SW4C

## Tuesday Nights @ John Glenn Pool

8 Lessons 1/26 – 3/23, Fee \$56

(no lesson 2/2)

Turtles	6:30-7 pm	#SWTU2
Bobbers	6-6:30 pm	#SWB3
Bobbers	7:30-8 pm	#SWB4
Super Kids	7-7:30 pm	#SWSK2
Level 1 & 2	6-6:55 pm	#SW1C
Level 3	7-7:55 pm	#SW3B

## Wednesday Nights @ John Glenn Pool

8 Lessons 1/27 – 3/17, Fee: \$56

Mini Tots	6-6:30 pm	#SWM2
Tiny Tots	6:30-7 pm	#SWT2
Turtles	6-6:30 pm	#SWTU3
Bobbers	5:30-6 pm	#SWB5
Bobbers	7-7:30 pm	#SWB6
Super Kids	6:30-7 pm	#SWSK3
Level 1 & 2	6:30-7:25 pm	#SW1D
Level 3	5:30-6:25 pm	#SW3C
Level 4	7:30-8:25 pm	#SW4B
Adult/Teen	7:30-8:25 pm	#SWTA1

## Thursday Nights @ John Glenn Pool

8 Lessons 2/4 – 3/25, Fee \$56

Mini Tots	6-6:30 pm	#SWM3
Tiny Tots	6:30-7 pm	#SWT3
Bobbers	7-7:30 pm	#SWB7
Super Kids	7:30-8 pm	#SWSK4
Level 1 & 2	6-6:55 pm	#SW1E
Level 3	7-7:55 pm	#SW3D

## Private and Semi Private Youth Lessons

### John Glenn - Saturdays

Call 651-748-7434 to Register

Private \$85 Semi-private \$60

(Semi-private lessons must register 2 children of the same ability.)

4 Lessons / 30 minutes each

1/23, 1/30, 2/6, 2/13 12 pm, 12:30 pm

2/20, 2/27, 3/6, 3/13 12 pm, 12:30 pm

## ADULT WATER CLASSES

### Water Workout

Tone muscles while improving endurance and flexibility. This class is less vigorous than the Cardio Water Workout. Pool has a corner stairway entrance and is 83 degrees.

Tuesdays: Jan 26 - Mar 23 (no class 2/2)

8:00 - 9:00 pm 8 sessions \$40 #SWW1

Walk-In rate \$6

### Arthritis, Etc. Water Fitness

Developed by the Arthritis Foundation, this class will gently increase range of motion, strength, and flexibility. The class is appropriate for people with arthritis, fibromyalgia, multiple sclerosis, or similar conditions. Pool has a corner stairway entrance and is 83 degrees.

Tues/Thurs: Jan 26 - Mar 25 (no class Mar 11)

3:30 - 4:30 pm 17 sessions \$85 #SWA1

Walk-In rate \$6

# SKYVIEW COMMUNITY SCHOOL POOL

1100 Heron Avenue North

Oakdale, MN 55128

(Eight lane competitive pool with ladder entry; family locker room)

## Monday Nights @ Skyview Pool

7 Lessons 1/25 – 3/22, Fee: \$49

(no lessons 2/1, 2/15)

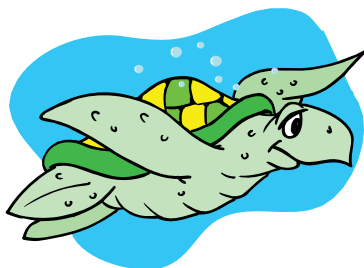
Level 1 & 2	6-6:55 pm	#SW1H
Level 3	7-7:55 pm	#SW3F
Level 4	7-7:55 pm	#SW4D
Level 5	6-6:55 pm	#SW5A
Level 6	6-6:55 pm	#SW6A
Level 7	7-7:55 pm	#SW7A

## Tuesday Nights @ Skyview Pool

8 Lessons 1/26 – 3/23, Fee: \$56

(no lesson 2/2)

Tiny Tots	7-7:30 pm	#SWT5
Bobbers	7:30-8 pm	#SWB10
Level 1 & 2	7-7:55 pm	#SW1I
Level 3	8-8:55 pm	#SW3G
Level 4	8-8:55 pm	#SW4E



## ADULT WATER CLASSES

### Cardio Water Workout

Increase cardiovascular endurance and muscular strength during this total body pool workout. No swimming ability is necessary, but you need upper body strength to use the ladder to exit the pool. **Ladder entry/exit only.**

Mondays: Jan 25 - Mar 22 (no class 2/15)

8:00 - 9:00 pm 8 sessions \$40 #SWC1

Wednesdays: Jan 27 - Mar 24

7:00 - 8:00 pm 9 sessions \$45 #SWC2

Mon/Wed: 17 sessions (SPECIAL PRICE)

Times/Dates listed above. \$70 #SWC3

**Walk-In rate \$6**

## Saturday Daytime @ Skyview Pool

8 Lessons 1/23 – 3/20, Fee: \$56

(no lesson 1/30)

### Morning Lessons:

Level 1 & 2	9-9:55 am	#SW1J
Level 1 & 2	12:30-1:25 pm	#SW1K
Level 3	10-10:55 am	#SW3H
Level 4	11-11:55 am	#SW4F
Level 5	10-10:55 am	#SW5B
Level 6	9-9:55 am	#SW6B
Level 7	11-11:55 am	#SW7B

### Afternoon Lessons:

Bobbers	3-3:30 pm	#SWB11
Super Kids	3:30-4 pm	#SWSK7
Level 1 & 2	3-3:55 pm	#SW1L
Level 3	4-4:55 pm	#SW3I
Level 4	4-4:55 pm	#SW4G

## Private and Semi Private Youth Lessons

### Skyview - Saturdays

Call 651-748-7434 to register

Private \$85 Semi-private \$60

(Semi-private must register 2 children of same ability)

4 Lessons / 30 minutes each

1/23, 2/6, 2/13, 2/20

8:30 am, 11 am, 11:30 am, 12:30 pm, 1 pm

2/27, 3/6, 3/13, 3/20

8:30 am, 11 am, 11:30 am, 12:30 pm, 1 pm

## Skyview Open Swim/Lap Swim

1:30 - 3 pm on the following Saturdays  
1/23, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20

Fee: \$10/Family of 4 (\$1/each add'l)

\$4/Adult

\$3/Student or child

**Skyview classes are offered in cooperation  
with the City of Oakdale's Parks and  
Recreation Department.**

Aquatics  
2520 E. 12th Avenue  
North St. Paul, MN 55109  
(651-748-7434)  
<http://communityeducation.isd622.org>

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***Inside: Youth &  
Adult Aquatic Activities***



 District 622 North St. Paul/Maplewood/Oakdale

## Why learn to swim with us?

### » Small Class Size

Preschool Lessons: 1:4 instructor/student ratios  
School-Age Swimming Lessons: 1:5 instructor/  
student ratios for lower levels

### » Experienced Instructors

» Maximum of 3 classes in the pool at one  
time

» No other swim activities in the pool during  
swimming lessons

### » Reasonable Rates

» Balcony or bleachers for comfortable, easy  
viewing. (Grandparents welcome!)



*"I love the swimming lessons at Skyview pool. There are never more than three to four classes happening at the same time. My son is not distracted. He can concentrate on learning to swim."*

**Registration Options:**

**Online now available!**

<http://communityeducation.isd622.org>

**Phone:** 651-748-7434

**Fax:** 651-748-7497

**Mail:**

- Complete the registration form.
- List up to two (2) choices/child.
- Keep a copy for easy reference.
- Adult registration use boxed section.

**Checks payable to: ISD #622**

Mail to: CE - Swim  
2520 12th Ave. E.  
N. St. Paul, MN 55109

Note: VISA/MC required for  
online, phone, and fax registrations.

**Confirmations:**

*No confirmation calls will be made  
or cards sent when your child is  
placed in their first-choice class.*

You **will be** called to verify 2nd  
choice placement.

Payment must accompany registration  
in order for a child to be placed in a  
class.

**Register early for best  
class selection**

**Refund Policy:**

If you withdraw from a class **before**  
the start date, a \$5 processing fee  
will be deducted from your refund.  
Refunds are not given on or after  
the start date of the class.

**Safety & Locker Room**

**Etiquette:** All preschoolers must  
be supervised by an adult in the  
balcony or locker room when not in  
a lesson. Children over 6 years old  
must use gender appropriate locker  
room.

**No street shoes on pool deck.**

**Registration begins December 18, 2009 - continues until classes are full.**

**CLASS CHOICE INFORMATION**

*You may (but are not required to) list up to two choices per child.*

**CHILD INFORMATION**

Level	Class #	Day	Time	Location	Fee
(Ex: Mini Tots)	SWM1	Mondays	6 pm	J.G.	\$49

**First Child**

Name: \_\_\_\_\_ 1. \_\_\_\_\_  
 First Last  
 Birth date \_\_\_\_\_ 2. \_\_\_\_\_

**Second Child**

Name: \_\_\_\_\_ 1. \_\_\_\_\_  
 First Last  
 Birth date \_\_\_\_\_ 2. \_\_\_\_\_

**Third Child**

Name: \_\_\_\_\_ 1. \_\_\_\_\_  
 First Last  
 Birth date \_\_\_\_\_ 2. \_\_\_\_\_

**Use this space to register for Adult Swim Lessons or Water Fitness Classes**

Name of Adult registering \_\_\_\_\_ (please complete additional information below)  
 Class Name \_\_\_\_\_ Fee \_\_\_\_\_  
 Class Number \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

**Parent/Guardian/Adult Information - Must be completed.**

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_ Phone (W or C) \_\_\_\_\_ (H) \_\_\_\_\_  
 E-mail Address \_\_\_\_\_

**Total fees:** \_\_\_\_\_

UCare Member Discount - \$15 per class. UCare member ID # \_\_\_\_\_ - \_\_\_\_\_

**Total amount enclosed** \$ \_\_\_\_\_

Charge my: MasterCard /Visa Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date \_\_\_\_\_ Signature \_\_\_\_\_

**Write Checks to: ISD #622**

**Swim Registration Form January - March 2010**