SWIMMING LEVELS

AQUA-TOT
(For children under the age of 4) This parent-child class teaches basic skills for working with children in the pool. Emphasizes basic water safety and self-help skills in a relaxed and playful manner, using games and songs.Children under age 4 must use water diapers.

1 WATER EXPLORATION
Breath holding, rhythmic breathing, prone and back float and glide, flutter kick, arm crawl stroke, jump into water (chest deep).

2 PRIMARY SKILLS
Flutter kick (review), total crawl stroke (25 yards - including proper rhythmic breathing), backstroke (25 yards), jump into deep water, front dive from deck.

3 STROKE READINESS
Crawl stroke (front and back) and elementary backstroke (50 yards each), breath control, underwater swim, tread water, jump off diving board, rescue techniques (non-swimming).

4 STROKE DEVELOPMENT
Crawl stroke (front and back) and elementary back stroke (100 yards each), scissor kick, side stroke 50 yards, breast stroke kick, breast stroke 50 yards, float, tread water, standing front dive (off board), five-minute swim (with all strokes).

5 STROKE REFINEMENT
Crawl stroke, back stroke, side stroke, breast stroke (100 yards each), flutter kick front and back 50 yards, surface dive to recover brick, butterfly stroke 25 yards, long shallow dive, 10-minute swim (all strokes).

6 SKILL PROFICIENCY
Front crawl, 200 yard back crawl, side stroke, breast stroke 100 yards with turns, butterfly stroke 25 yards, 20-minute swim, open turns.

7 ADVANCED SKILLS
This is for the student who wants to continue swimming but is not ready for advanced classes. Basic rescue, competitive strokes and skin diving will be practiced.

Swimming Lessons

Plymouth Middle School

10011 36th Avenue North
Plymouth, MN
Pool Director:
Earle Anderson 763-504-7116

Class Fee:
$60 for eight lessons

Evening Lessons

Tuesdays: Mar 7- May 2
No lesson on Mar 28
5-5:45 pm Levels 1-3
6-6:45 pm Levels 1-5
7-7:45 pm Levels 1-7

Thursdays: Mar 9- May 4
No lesson on Mar 30
5-5:45 pm Levels 1-3
6-6:45 pm Levels 1-5
7-7:45 pm Levels 1-7

Open swim on Wednesdays, 7:30-9 pm
$2 per hour per person (passes available)
$30 one person, $40 two person, $45 family

Sandburg Learning Center

2400 Sandburg Lane
Golden Valley, MN
Pool Director:
Alan Goodwin 763-504-8216

Class Fee:
$60 for eight lessons

Evening Lessons

Mondays: Mar 6 - May 1
No lesson on Mar 27
5-5:30 pm Aqua-Tot
5-5:45 pm Levels 1-2
6-6:45 pm Levels 1-4
7-7:45 pm Levels 1-6

Wednesdays: Mar 8 - May 3
No lesson on Mar 29
5-5:45 pm Levels 1-2
6-6:30 pm Aqua-Tot
6-6:45 pm Levels 1-4
7-7:45 pm Levels 1-5

Registration Options:

Now-Feb 22 Register on-line at *ced.rdale.org* or by phone at 763-504-6990.

Feb 23-26 No registrations taken

Mon, Feb 27: 6-7 pm
In-person registration at the location where your child will take lessons
Plymouth: Cafeteria
Sandburg: Gym B

After Feb 27 Call the Pool Director for availability
Plymouth: Earle Anderson 763-504-7116
Sandburg: Al Goodwin 763-504-8216