

SPRING 2018

SWIMMING LEVELS

AQUA TOTS

(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 have water diapers.

1 WATER EXPLORATION

Beginner, First Level

Breath holding, rhythmic breathing, front and back float for 10 seconds, glide, flutter kick, arm crawl stroke, jump into water (chest deep).

2 PRIMARY SKILLS

Beginner, Second Level

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

Advanced Beginner

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

Intermediate

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

Swimmer

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

Sandburg Middle School

2400 Sandburg Lane

Golden Valley, MN

Pool Director:

Alan Goodwin

763-504-8216

Evening Lessons

Tuesdays: Mar 6 - May 1

No lesson on Mar 27

5 - 5:45 pm Levels 1-3

6 - 6:45 pm Levels 1-5

7 - 7:45 pm Levels 1-7

Thursdays: Mar 8 - May 3

No lesson on Mar 29

5 - 5:45 pm Levels 1-3

6 - 6:45 pm Levels 1-5

7 - 7:45 pm Levels 1-7

Class Fee: \$65 (\$20) for eight lessons

Open swim on Wednesdays 7:30-9 pm

\$2 per hour per person (passes available)

\$30 one person, \$40 two person, \$45 family

Registration Options:

Now-Feb 19

Register online at ced.rdale.org or by phone at 763-504-6990.

Feb 20-27

No registrations taken but can be waitlisted.

Wed, Feb 28: 6-7 pm

In-person registration at the location where your child will take lessons

Plymouth: Cafeteria

Sandburg: Media Center

After Feb 28

Call the Pool Director for availability

Plymouth: Earle Anderson

Sandburg: Al Goodwin

Evening Lessons

Mondays: Mar 5 - Apr 30

No lesson on Mar 26

5 - 5:30 pm Aqua Tots

5 - 5:45 pm Levels 1-2

6 - 6:45 pm Levels 1-4

7 - 7:45 pm Levels 1-6

Wednesdays: Mar 7 - May 2

No lesson on Mar 28

5 - 5:45 pm Levels 1-4

6 - 6:30 pm Aqua Tots

6 - 6:45 pm Levels 1-2

7 - 7:45 pm Levels 1-5

Class Fee: \$65 (\$20) for eight lessons

Prices in (\$xx) are for students who qualify for Free or Reduced Lunch through Robbinsdale Area Schools.



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