

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 and 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, combined test.

3 STROKE READINESS

Advanced Beginner

Crawl stroke (front and back) and elementary backstroke (50 yards each), breath control, underwater swim, tread water, 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, 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

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: \$65 (\$20) 45 min lessons

Daytime Lessons

Session #1: Jun 11-21 (M-Th)

Session #2: Jun 25-29 & Jul 2-3

(7-50 min lessons)

Session #3: Jul 9-19 (M-Th)

9:30 am Levels 1-4

10:30 am Levels 1-5

11:30 am Levels 1-7

1 pm Levels 1-7

2 pm Levels 1-5

3 pm Levels 1-4

Evening Lessons (Tues & Thurs)

Session #1: Jun 12-Jul 5

5 pm Levels 1-4

6 pm Levels 1-5

7 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

Registration Options:

Now-May 24 Register on-line at ced.rdale.org or by phone at 763-504-6990.

May 25-29 No registrations taken

Wed, May 30: 6-7 pm

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

Plymouth: Cafeteria

Sandburg: Gym B

After Jun 1

Call the Pool Director for availability

Plymouth: Earle Anderson 763-504-7116

Sandburg: Al Goodwin 763-504-8216

Sandburg Middle School

2400 Sandburg Lane
Golden Valley, MN

Pool Director:

Alan Goodwin 763-504-8216

Class Fee: \$65 (\$20) 45 min lessons

Daytime Lessons

Session #1: Jun 11-21 (M-Th)

Session #2: Jun 25-28 & July 9-12

No lessons the week of Jul 2-6 (M-Th)

Session #3: Jul 16-Jul 26 (M-Th)

9:30 am AquaTots (30 min)

9:30 am Levels 1-4

10:30 am Levels 1-5

1 pm Levels 1-7

2 pm Levels 1-4

Evening Lessons (Mon & Wed)

Session #1: Jun 11-Jul 11

No lessons Jul 2 & 4

Session #2: Jul 16-Aug 8

5 pm Levels 1-3

6 pm AquaTots (30 min)

6 pm Levels 1-5

7 pm Levels 1-7

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