

Fee: \$40 Res./ \$44 Non Res.

All Swim Lessons are held at the Recreation Center (122 S. Garden St.)

Registration ends 4 days before the start of the program.

\*It is common for participants to repeat the same level for multiple sessions. Efficiency in the skills is more important than how quickly they move through the levels.



## American Red Cross Swim Lessons Course Descriptions

### Parent and Child Aquatics Program

Parent and Child Aquatics: As parents, you learn how to safely work with your child in the water, including how to appropriately support and hold your child in the water. Child learns to feel comfortable in water, water exploration, experiment with buoyancy, changing body position with support, introduction of water safety rules, wearing a lifejacket in the water. **Prerequisites: Must be at least six months of age, and parent is in the water with child.**

### Preschool Aquatics Program

Preschool Aquatics 1: Blow bubbles, submerge face, retrieve submerged objects, assisted front and back floats and recovery, learn arm and leg actions on front and back, water safety skills. **Must be at least 3 years of age, no skill prerequisites.**

Preschool Aquatics 2: Enter/exit water independently, bobbing, front/back floats and glides, recover from front or back to vertical position, finning arm action on back, combined arm and leg actions on front and back, water safety skills. **Must have successfully completed Preschool Aquatics 1.**

Preschool Aquatics 3: Enter water by jumping, submerge & hold breath, bobbing, front, back, jellyfish, and tuck floats, recover from front or back to a vertical position, change direction of travel on front and back, combined arm and leg actions on front and back, treading in shallow water, water safety skills. **Must have successfully completed Preschool Aquatics 2.**



### Learn-to-Swim Program

Level 1: Intro to water skills: Introductory course. Submerge face, blow bubbles, bounce in chest-deep water, front/back floats with assistance, introduction to alternating arm action, safety skills, help in emergencies and life jacket fundamentals. **Must be at least 6 years of age, no skill prerequisites.**

Level 2: Fundamental Aquatic Skills: Expand fundamentals, front/back float, turning over front to back/back to front, sculling, reaching & extension assists, safety. Introduction to coordinated strokes. **Must be at least 6 years of age and successfully completed Level 1.**

Level 3: Stroke Development: Elementary backstroke, front/back crawl and glides with push off, reverse swimming direction on front/back, life jacket skills, diving from side of pool, treading water, self-rescue skills and breathing. **Must be at least 6 years of age and successfully completed Level 2.**

Level 4: Stroke Improvement: Various floating positions, rotary breathing, diving from side of pool, elementary backstroke, sculling, front/back crawl, breast stroke, intro to side stroke, turn at wall, tread water, deep water bobbing, rescue breathing, butterfly kick and CPR. **Must have successfully completed Level 3.**

Level 5: Stroke Refinement: Build on Level 4 skills by providing guided practice. Flip turns, diving, swimming under water, refinement of front/back crawl and elementary back/breast/side strokes, open turn on front/back and recognition of spinal injuries. **Must have successfully completed Level 4.**

Level 6: Swimming & Skill Proficiency: Lifeguard readiness. Develop maximum efficiency and endurance for all strokes. Skills for LGT pre-course introduced. Endurance swimming for front/back crawl, breast/side stroke, elementary backstroke, butterfly, turns, surface dives, tread water, entries into water, basic rescue techniques, approach strokes. **Must have successfully completed Level 5.**

## Session 1: Tues/Thurs January 18 - February 10

4:00 - 4:30p	Preschool 2, Preschool 3, Level 1
4:40 - 5:10p	Preschool 1, Preschool 3, Level 1
4:40 - 5:15p	Level 3
5:20 - 5:50p	Parent/Child, Preschool 1, Preschool 3
5:20 - 5:55p	Level 3, Level 2
6:00 - 6:30p	Parent/Child, Preschool 1, Preschool 2, Level 1
6:00 - 6:35p	Level 4, Level 5/6

## Session 2: Saturdays January 22 - February 26

8:15 - 8:55a	Preschool 1, Preschool 3, Level 1
8:15 - 9:00a	Level 2
9:05 - 9:45a	Preschool 1, Preschool 2, Level 1
9:05 - 9:50a	Level 4
9:55 - 10:35a	Parent/Child, Preschool 3
9:55 - 10:40a	Level 3, Level 5/6

## Session 3: Tues/Thurs February 15 - March 17

(No class March 8, 10)

4:00 - 4:30p	Preschool 1, Level 1
4:00 - 4:35p	Level 2, Level 4
4:40 - 5:10p	Parent/Child, Preschool 2, Level 1,
4:40 - 5:15p	Level 3
5:20 - 5:50p	Parent/Child, Preschool 1, Preschool 3, Level 1,
5:20 - 5:55p	Level 2
6:00 - 6:30p	Preschool 1, Preschool 2, Preschool 3, Level 1
6:00 - 6:35p	Level 3, Level 5/6

## Session 4: Tues/Thurs March 22– April 14

4:00 - 4:30p	Preschool 1, Level 1
4:00 - 4:35p	Level 2, Level 4
4:40 - 5:10p	Parent/Child, Preschool 2, Level 1
4:40 - 5:15p	Level 3
5:20 - 5:50p	Parent/Child, Preschool 1, Preschool 3, Level 1
5:20 - 5:55p	Level 2
6:00 - 6:30p	Preschool 1, Preschool 2, Preschool 3, Level 1
6:00 - 6:35p	Level 3, Level 5/6

## Session 5: Saturdays March 19 – April 30

8:15 - 8:55a	Parent/Child, Preschool 1, Preschool 2, Level 1
9:05 - 9:45a	Preschool 1, Preschool 3
9:05 - 9:50a	Level 3, Level 5/6
9:55 - 10:35a	Preschool 2, Level 1
9:55 - 10:40a	Level 2, Level 4

## Session 6: Tues/Thurs April 19 - May 12

4:00 - 4:30p	Preschool 2, Preschool 3, Level 1
4:40 - 5:10p	Preschool 1, Preschool 3, Level 1
4:40 - 5:15p	Level 3
5:20 - 5:50p	Parent/Child, Preschool 1, Preschool 3
5:20 - 5:55p	Level 2, Level 3
6:00 - 6:30p	Parent/Child, Preschool 1, Preschool 2, Level 1
6:00 - 6:35p	Level 4, Level 5/6

## Adult Swim Lessons (18+yrs)

Learn the basic swim strokes and improve your swimming skills. Class set up is catered to the needs of participants.

Contact [sandyb@newulmmn.gov](mailto:sandyb@newulmmn.gov) with questions

	Session Dates		Location	Fee
Mondays	1/17 - 2/21	6:15 - 7:15p.m.	Rec Center– Lap Pool	\$40 Res./ \$44.90 Non. Res
Wednesdays	3/16 - 4/20	6:15 - 7:15p.m.	Rec Center– Lap Pool	\$40 Res./ \$44.90 Non. Res

## Swim Club (8+yrs)

Prerequisite: Passed Level 4 Swim Lessons and at least 8 years old

Swim Club returns to offer participants a chance to build muscle, speed, strength and improve endurance while swimming in a fun & safe environment. This recreational club will focus on teaching stroke refinement and training swimmers in a team setting. Each session will start by focusing on developing techniques and skills and end with an intra-squad swim meet during the final session date.

	Session Dates		Location	Fee
Tuesday/Thursday	1/18 - 2/24	3:30 - 5:00p.m.	Rec Center– Lap Pool	\$45 Res./ \$49.50 Non. Res
Tuesday/Thursday	3/1 - 4/14	3:30 - 5:00p.m.	Rec Center– Lap Pool	\$45 Res./ \$49.50 Non. Res
Tuesday/Thursday	4/19 - 5/26	3:30 - 5:00p.m.	Rec Center– Lap Pool	\$45 Res./ \$49.50 Non. Res

## Private Swim Lessons

Private and Semi-Private swim lessons are offered throughout the year. Call or stop by the Recreation Center to join the waitlist. Lessons are offered on a first come first serve basis.

Semi-private swim lesson students are taught at the same time and must reside in the same household. Difference in swim level may not allow for semi-private lessons.

Fee includes 5, 30-minute sessions.

### Fees

1 Student	\$90 Res/ \$99 Non Res.
2 Students	\$145 Res/ \$160 Non Res.
3 Students	\$189 Res./ \$208 Non Res.