

SWIM LESSONS

SUMMER 2024

Our American Red Cross trained instructors help develop water safety and swimming skills for all ages and abilities in a positive and fun learning environment.

Parent/Child Classes

30
minute
classes

(9 months–5 years old with adult, child must wear swim diaper if not trained) You will assist your child in the pool.

Parent/Tot (9 months–2 1/2 years)

Develop water readiness, safety and basic swim skills through games and play.

Parent/Pre K (2–5 years)

Children learn basic swimming techniques through games and play.

Preschool Classes

30
minute
classes

(4–6 years old without a parent)

Bobbers

Your child will increase his/her comfort level in the water and develop skills through games and play.

Super Kids

Child can swim 10 feet and is comfortable putting face in the water.

Private & Semi-Private

30
minute
lessons

Swim Lessons for Children and Adults

Instructor customizes each 30 minute lesson. Register online for private lessons. Call for additional times or to register 2 or more for semi-private lessons.

Private: \$24 / 30-minute lesson

Semi private: \$16 per person / 30-minute lesson



50% off

group lessons for district families who qualify for Educational Benefits

REGISTER

isd622.ce.eleyo.com

Phone: 651-748-7442

Hmoob 651-757-0263

Español 651-788-3664

Somali 612-707-8439

Or scan with your smartphone camera



Learn-to-Swim Classes

45
minute
classes

(6 years and older)

Level 1 & 2: Fundamental Skills

Introduction to Water Skills—floating, gliding, leg & arm movements.

Level 3: Stroke Development

Passed Level 2 or can swim on front and back for 30 feet. Class skills include Front Crawl, introduction to Elementary Backstroke and deep water.

Level 4: Stroke Improvement

Passed Level 3. Elementary Backstroke, Sidestroke, Butterfly kick.

Level 5 & 6: Stroke Refinement, Fitness & Safety

Passed Level 4. Develop techniques to improve fitness and endurance with additional emphasis on stroke refinement. Skills include Breaststroke, Butterfly, Sidestroke, survival float, self-rescue techniques, and survival swimming.

SWIM LESSONS SUMMER 2024



John Glenn Middle School 1560 E Cty Rd B, Maplewood			Skyview Middle School 1100 Heron Ave N, Oakdale	
Tuesday & Thursday June 11 - July 11 <i>(no lessons on July 2 & 4)</i> 8 Lessons \$88 <i>(Please note these lessons meet twice a week)</i>			Monday & Wednesday July 8 - 31 8 Lessons \$88 <i>(Please note these lessons meet twice a week)</i>	
CLASS	TIME	CLASS #	TIME	CLASS #
Parent/Tot	6:00 pm	ST1	6:00 pm	ST2
Parent/PreK	6:30 pm	SP1	6:30 pm	SP2
Bobbers	6:00 pm	SB1	6:00 pm	SB4
	6:30 pm	SB2	7:00 pm	SB5
	7:00 pm	SB3		
Super Kids	7:00 pm	SK1	6:30 pm	SK2
Level 1 & 2	6:00 pm	S1A	6:00 pm	S1D
	6:45 pm	S1B	6:45 pm	S1E
	7:30 pm	S1C	7:30 pm	S1F
Level 3	6:45 pm	S3A	6:45 pm	S3C
	7:30 pm	S3B	7:30 pm	S3D
Level 4	6:00 pm	S4A	6:00 pm	S4C
	7:30 pm	S4B	7:30 pm	S4D
Level 5	7:30 pm	S5A	7:30 pm	S5B
Level 6	7:30 pm	S6A	7:30 pm	S6B
Private 8 lessons \$192	8:15 pm	SV1	8:15 pm	SV3
	8:15 pm	SV2	8:15 pm	SV4
	<i>Additional Private Lessons may be added. Waitlist available online.</i>		<i>Additional Private Lessons may be added. Waitlist available online.</i>	

ADAPTIVE SWIM CLASS

(4-12 years old WITH a parent/guardian)

Work with your child in an instructor guided group class designed to focus on your child's ability. Help them learn personal water safety skills, be more comfortable in the water, and progress with the Red Cross skills.

Skyview Pool

Tuesdays & Thursdays July 16 - Aug 1
6:30 - 7:15 PM Class #: SD1 Cost: \$66

ADULT SWIM CLASS

Class is designed for Adults that are considered Beginners. Become more comfortable in the water and learn some basic swim skills.

Skyview Pool

Tuesdays & Thursdays July 16 - Aug 1
7:30 - 8:15 PM Class #: SA1 Cost: \$66