

SWIM LESSONS FALL 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.



50% off

group lessons for district families who qualify for Educational Benefits

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.

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



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.

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.

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: \$26 / 30-minute lesson

Semi private: \$18 per person / 30-minute lesson

SWIM LESSONS FALL 2024



Skyview Middle School

1100 Heron Ave N, Oakdale

John Glenn Middle School

1560 E Cty Rd B,
Maplewood

Monday
Sept 23–Nov 11

8 Lessons \$92

Tuesday
Sept 24–Nov 26
(no lessons Oct 22 & Nov 5)

8 Lessons \$92

Wednesday
Sept 25–Nov 13

8 Lessons \$92

Saturday
Sept 28–Nov 23
(no lessons Oct 12)

8 Lessons \$92

Class	Time	Class #	Time	Class #	Time	Class #	Time	Class #
Parent/Tot			6:00 pm	SFT1			9:15 am	SFT2
Parent/PreK	6:00 pm	SFP1	6:30 pm	SFP2	6:00 pm	SFP3	9:45 am	SFP4
							10:15 am	SFP5
Bobbbers	6:00 pm	SFB1	6:00 pm	SFB3	6:00 pm	SFB5	9:15 am	SFB7
	6:30 pm	SFB2	6:30 pm	SFB4	7:00 pm	SFB6	10:15 am	SFB8
Super Kids	6:30 pm	SFK1			6:30 pm	SFK2	9:45 am	SFK3
Level 1 & 2	6:00 pm	SF1A	6:00 pm	SF1C	6:00 pm	SF1E	9:15 am	SF1G
	6:45 pm	SF1B	6:45 pm	SF1D	7:30 pm	SF1F	10:00 am	SF1H
							10:45 am	SF1J
							11:30 am	SF1K
Level 3	7:00 pm	SF3A	7:00 pm	SF3B	6:45 pm	SF3C	10:00 am	SF3E
					7:30 pm	SF3D	10:45 am	SF3F
							11:30 am	SF3G
Level 4	7:00 pm	SF4A	7:30 pm	SF4B	7:00 pm	SF4C	9:15 am	SF4D
							11:30 am	SF4E
Level 5	7:30 pm	SF5A	7:00 pm	SF5B			10:45 am	SF5C
Level 6	7:30 pm	SF6A	7:00 pm	SF6B			10:45 am	SF6C
Private 8 lessons \$208	7:45 pm	SFV1	7:45 pm	SFV3	7:45 pm	SFV6	12:15 pm	SFV7
	7:45 pm	SFV2	7:45 pm	SFV4			12:15 pm	SFV8
							12:15 pm	SFV9
							12:15 pm	SFV10



Open Swim

Saturdays 1:00–2:30 pm | Sep 28–Nov 23
(not open on Oct 12)

John Glenn Middle School Pool

Pay at the door or pre-pay online!
\$5 per person | \$15 per immediate family
Groups are welcome at Open Swim!

(Important Note: Dates dependent on Staffing)