



SUMMER AQUATICS

651-351-8300 | stillwaterschools.org/commed

American Red Cross Learn-to-Swim Classes

All classes held at Stillwater Middle School Pool

Level 1 - Water Exploration

7020-SM1 June 1-5	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7020-SM2 June 1-5	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7020-SM3 June 8-12	M/T/W/F 5 sessions	9:55-10:35 AM \$110/person
7020-SM4 June 8-12	M/T/W/F 5 sessions	10:45-11:25 AM \$110/person
7020-SM5 June 15-18	Mon-Fri 4 sessions	9:15-10:05 AM \$110/person
7020-SM6 June 15-18	Mon-Thu 4 sessions	11:05-11:55 AM \$110/person
7020-SM7 June 22-26	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person

Level 2 - Fundamental Aquatic Skills

7021-SM1 June 1-5	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7021-SM2 June 1-5	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7021-SM3 June 8-12	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7021-SM4 June 8-12	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7021-SM5 June 15-18	Mon-Thu 4 sessions	9:15-10:05 AM \$110/person
7021-SM6 June 15-18	Mon-Thu 5 sessions	11:05-11:55 AM \$110/person
7021-SM7 June 22-26	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person

Level 3 - Stroke Development

7022-SM1 June 1-5	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7022-SM2 June 1-5	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7022-SM3 June 8-12	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7022-SM4 June 8-12	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7022-SM5 June 15-18	Mon-Thu 4 sessions	9:15-10:05 AM \$110/person
7022-SM6 June 15-18	Mon-Thu 5 sessions	11:05-11:55 AM \$110/person
7022-SM7 June 22-26	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person

7020-SM8 June 22-26	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7020-SM9 July 6-10	Mon-Fri 5 sessions	9:15-9:55 AM \$110/person
7020-SM10 July 6-10	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7020-SM11 July 13-17	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7020-SM12 July 13-17	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7020-SM13 July 20-24	Mon-Fri 5 sessions	9:15-9:55 AM \$110/person
7020-SM14 July 20-24	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person

7021-SM8 June 22-26	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7021-SM9 July 6-10	Mon-Fri 5 sessions	9:15-9:55 AM \$110/person
7021-SM10 July 6-10	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7021-SM11 July 13-17	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7021-SM12 July 13-17	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7021-SM13 July 20-24	Mon-Fri 5 sessions	9:15-9:55 AM \$110/person
7021-SM14 July 20-24	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person

7022-SM8 June 22-26	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7022-SM9 July 6-10	Mon-Fri 5 sessions	9:15-9:55 AM \$110/person
7022-SM10 July 6-10	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7022-SM11 July 13-17	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7022-SM12 July 13-17	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7022-SM13 July 20-24	Mon-Fri 5 sessions	9:15-9:55 AM \$110/person
7022-SM14 July 20-24	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person

Level 4 - Stroke Improvement

7023-SM1 June 1-5	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7023-SM2 June 8-12	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7023-SM3 June 15-18	Mon-Thu 4 sessions	9:15-10:05 AM \$110/person
7023-SM4 June 22-26	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7023-SM5 July 6-10	Mon-Fri 5 sessions	9:15-9:55 AM \$110/person
7023-SM6 July 13-17	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7023-SM7 July 20-24	Mon-Fri 5 sessions	9:15-9:55 AM \$110/person

Level 5 & 6 - Stroke Refinement/ Pre-Swim Team

7017-SM1 June 1-5	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7017-SM2 June 8-12	Mon-Fri 4 sessions	9:55-10:35 AM \$110/person
7017-SM3 June 15-18	Mon-Thu 5 sessions	11:05-11:55 AM \$110/person
7017-SM4 June 22-26	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7017-SM5 July 6-10	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person
7017-SM6 July 13-17	Mon-Fri 5 sessions	9:55-10:35 AM \$110/person
7017-SM7 July 20-24	Mon-Fri 5 sessions	10:45-11:25 AM \$110/person

Stillwater Community Education
is an Authorized Provider of
American Red Cross Learn-to-
Swim Aquatics Programs.



Scan for
swim level
descriptions



Private Swimming Lessons

This is a private 30-minute session with your child to work on water safety, stroke enhancement or specific skills. It is a great option for children that need that extra one-on-one time with an instructor. Levels 1-6 are welcome. SEMI-PRIVATE LESSONS MUST CALL THE COMMUNITY ED OFFICE TO REGISTER.

Stillwater Middle School Pool

7009-SM1 June 1-5	Mon-Fri 5 sessions	9:15-9:45 AM \$200/person
7009-SM2 June 1-5	Mon-Fri 5 sessions	11:30 AM-12 PM \$200/person
7009-SM3 June 8-12	M/T/W/F 4 sessions	9:15-9:45 AM \$200/person
7009-SM4 June 8-12	M/T/W/F 4 sessions	11:30 AM-12 PM \$200/person
7009-SM5 June 15-18	Mon-Thu 4 sessions	10:15-10:55 AM \$200/person
7009-SM6 June 15-18	Mon-Thu 4 sessions	12-12:40 PM \$200/person
7009-SM7 June 22-26	Mon-Fri 5 sessions	9:15-9:45 AM \$200/person
7009-SM8 June 22-26	Mon-Fri 5 sessions	11:30 AM-12 PM \$200/person
7009-SM9 July 6-10	Mon-Fri 5 sessions	10:05-10:35 AM \$200/person
7009-SM10 July 6-10	Mon-Fri 5 sessions	11:30 AM-12 PM \$200/person
7009-SM11 July 13-17	Mon-Fri 5 sessions	9:15-9:45 AM \$200/person
7009-SM12 July 13-17	Mon-Fri 5 sessions	11:30 AM-12 PM \$200/person
7009-SM13 July 20-24	Mon-Fri 5 sessions	10:05-10:35 AM \$200/person
7009-SM14 July 20-24	Mon-Fri 5 sessions	11:30 AM-12 PM \$200/person

Child + Adult Swim Skills

This course is designed to assist a parent with their child's adjustment to the water. The fun-filled activities increase children's comfort in the water and build a foundation of basic aquatic skills. Safety issues and concerns will be discussed. We must have 1:1 adult to child ratio for this class, therefore an adult must be in the water with each child in all classes.

Ages 6 mos-3 years

Stillwater Middle School Pool

7007-SM1 June 1-5	Mon-Fri 5 sessions	9:15-9:45 AM \$90/person
7007-SM2 June 8-12	Mon-Fri 5 sessions	9:15-9:45 AM \$90/person
7007-SM3 June 15-18	Mon-Thu 4 sessions	10:15-10:55 AM \$90/person
7007-SM4 July 22-26	Mon-Fri 5 sessions	9:15-9:45 AM \$90/person
7007-SM5 July 6-10	Mon-Fri 5 sessions	10:05-10:35 AM \$90/person
7007-SM6 July 13-17	Mon-Fri 5 sessions	9:15-9:45 AM \$90/person
7007-SM7 July 20-24	Mon-Fri 5 sessions	10:05-10:35 AM \$90/person

Preschool Aquatics

This course will teach basic aquatics skills, which children continue to build upon into the Learn-to-Swim levels. The instructors will encourage children to develop good attitudes and safe practices around the water. They will work on locomotion skills in the water and on using simultaneous and alternating arm and leg actions. Before moving to the Learn-to-Swim program, students should have more independence in the water.

Ages 3-5

Stillwater Middle School Pool

7012-SM1 June 1-5	Mon-Fri 5 sessions	9:15-9:45 AM \$90/person
7012-SM3 June 8-12	Mon-Fri 5 sessions	9:15-9:45 AM \$90/person
7012-SM5 June 15-18	Mon-Thu 4 sessions	10:15-10:55 AM \$90/person
7012-SM7 June 22-26	Mon-Fri 5 sessions	9:15-9:45 AM \$90/person
7012-SM9 July 6-10	Mon-Fri 5 sessions	10:05-10:35 AM \$90/person
7012-SM11 July 13-17	Mon-Fri 5 sessions	9:15-9:45 AM \$90/person
7012-SM13 July 20-24	Mon-Fri 5 sessions	10:05-10:35 AM \$90/person

Pony Synchronized Swimming

Stillwater Middle School, Pool | Instructor: HS Synchro Coaches

Beginner/Novice - All Ages

Dive into the amazing world of synchronized swimming! Learn the basic skills of artistic swimming: sculling, the eggbeater kick, special figures, and even how to put together your very own mini routine. If you can swim across the pool by yourself (25 yards), know your basic strokes, or have passed ARC Level 4, you're ready to jump in!

7026-SM1	Tue/Thu	4:45-6:15 PM	Jun 16-Jul 2	6 sessions	\$109/person
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Intermediate - All Ages

Keep building your synchro skills! This camp focuses on practicing and improving key techniques like sculling, eggbeater, figures, and routine choreography. Stay strong and prepared for the upcoming club season. Swimmers should know standard swim strokes and have at least one season of synchro experience (novice or intermediate).

7026-SM2	Tue/Thu	4:45-6:15 PM	Jul 14-30	6 sessions	\$109/person
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Experienced - Grades 6-12

Make a splash this summer! Train with the Stillwater high school synchro coaches as you sharpen your skills, learn cool new moves, and build awesome routines with teammates. It's the perfect way to stay strong and get ready for the next club or high school season.

7025-SM1	M/T/Th	6:30-8:30 PM	Jun 15-Jul 30	18 sessions	\$205/person
No sessions July 6, 7 & 9					

Questions? Call 651-351-8300

Register online beginning Monday, March 2 at stillwaterschools.org/ce