

# SWIM LESSONS SPRING 2026

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

**30**

**Parent/Child 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.arux.app  
 Phone: 651-748-7442

**Hmoob** 651-757-0263  
**Español** 651-788-3664  
**Somali** 612-707-8439

Or scan with your smartphone camera



**30**

**Preschool 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.

**45**

**Learn-to-Swim 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.

**30**

**Private & Semi-Private 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

# Indicates the number of minutes each class is held.