

# SWIM LESSONS FALL 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.

## 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: \$27 / 30-minute lesson

Semi private: \$19 per person / 30-minute lesson



## **Discount**

available on group lessons for 622 families who qualify for Educational Benefits

## 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



## 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.

# Indicates the number of minutes each class is held.

# SWIM LESSONS FALL 2026



## Skyview Middle School

1100 Heron Ave N, Oakdale

## John Glenn Middle School

1560 E Cty Rd B,  
Maplewood

**Monday**  
Sept 28–Nov 16

8 Lessons \$96

**Tuesday**  
Sept 29–Nov 24  
(no lessons Nov 3)

8 Lessons \$96

**Wednesday**  
Sept 30–Nov 18

8 Lessons \$96

**Saturday**  
Sept 26–Nov 14

8 Lessons \$96

| Class                      | Time    | Class # | Time    | Class # | Time    | Class # | Time     | Class # |
|----------------------------|---------|---------|---------|---------|---------|---------|----------|---------|
| Parent/Tot                 |         |         | 6:00 pm | SFT1    | 6:00 pm | SFT2    | 9:15 am  | SFT3    |
| Parent/PreK                | 6:00 pm | SFP1    | 6:30 pm | SFP2    | 6:30 pm | SFP3    | 9:45 am  | SFP4    |
| Bobbers                    | 6:00 pm | SFB1    | 6:00 pm | SFB3    | 6:00 pm | SFB4    | 9:15 am  | SFB6    |
|                            | 6:30 pm | SFB2    |         |         | 6:30 pm | SFB5    | 10:15 am | SFB7    |
| 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    | 6:45 pm | SF1F    | 10:00 am | SF1H    |
|                            |         |         |         |         |         |         | 10:45 am | SF1J    |
|                            |         |         |         |         |         |         | 11:30 am | SF1K    |
| Level 3                    | 7:00 pm | SF3A    | 7:00 pm | SF3B    | 7:00 pm | SF3C    | 10:45 am | SF3E    |
|                            |         |         |         |         | 7:30 pm | SF3D    | 11:30 am | SF3F    |
| Level 4                    | 7:00 pm | SF4A    | 7:30 pm | SF4B    | 7:00 pm | SF4C    | 10:45 am | SF4D    |
| Level 5                    | 7:30 pm | SF5A    | 7:00 pm | SF5B    |         |         | 11:30 am | SF5C    |
| Level 6                    | 7:30 pm | SF6A    | 7:00 pm | SF6B    |         |         | 11:30 am | SF6C    |
| Private<br>8 lessons \$216 | 7:45 pm | SFV1    | 7:45 pm | SFV3    | 7:45 pm | SFV5    | 12:15 pm | SFV7    |
|                            | 7:45 pm | SFV2    | 7:45 pm | SFV4    | 7:45 pm | SFV6    | 12:15 pm | SFV8    |
|                            |         |         |         |         |         |         | 12:15 pm | SFV9    |

## Open Swim

**Saturdays 1:00–2:30 pm | Sep 26–Nov 14**

**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!