

Swimming Lessons

September - December, 2009

District 622 Community Education offers quality swimming activities for all ages. Our experienced and caring instructors have been trained by the American Red Cross. They will help you or your child/children develop water safety and swimming skills in a positive learning environment.



Cardio Water Workout, Water Workout, and Arthritis, Etc. Water Fitness classes for adults are also listed in this flyer. Make water activities your fitness choice this fall. Lessons will be held at Skyview Community School and John Glenn Middle School.

Call: 651-748-7434

FAX: 651-748-7497

Website: <http://communityeducation.isd622.org>

Youth Class Descriptions

Preschool Swimming Classes

Water Adjustment (Child must wear a swim diaper in the pool if not toilet trained.)

Mini Tots

6 months to 2 1/2 years - with parent

Tiny Tots

2 1/2 to 5 years - with parent

Turtles - (Preschool 1)

4 - 5 year olds who *will not* put their faces in the water - no parent.

Bobbers - (Preschool 2)

4 - 5 year olds who *will* put their faces in the water - no parent.

Super Kids - (Preschool 3)

4 - 5 year olds who can swim 10 feet with their face in the water - no parent.

All preschool classes are 30 minutes in length. Turtles, Bobbers, & Super Kids are limited to 6 in a class.

Private & Semi-Private

Available at Skyview & John Glenn
Four 30 minute lessons.

Semi-Private: (Must register two children of the same ability.)

6 years & Older Classes

1 & 2 - Fundamental Skills

Learn to swim comfortably on front and back, water safety.

3 - Stroke Development

Prerequisite: Pass Level 2 or be able to jump in deep water, swim on front 5 yards, turn over - swim on back 5 yards. Learn the front crawl, back crawl, tread water, elementary back-stroke, butterfly kick, and water safety.

4 - Stroke Improvement

Prerequisite: Pass Level 3
Improvement of Level 3 skills, learn breaststroke, butterfly, scissors kick, and water safety.

5 - Stroke Refinement

Prerequisite: Pass Level 4
Endurance of all strokes, learn sidestroke, flip turns, water safety.

6a - Personal Water Safety

Must be proficient in all strokes learned in previous levels. Endurance and Personal Water Safety.

6b - Lifeguard Readiness

Must be proficient in all strokes learned in previous levels. Endurance and introduction to Lifeguard training skills.

Level 1 through Level 6 - Actual time spent in the pool is 55 minutes.

Aquatics & Miscellaneous Activities

Swimming Lessons for Teens/Adults

It is never too late to learn to swim or improve your water skills. Small class size. Work at your individual level. See John Glenn Wednesday's Schedule on page 2 for class details.

New Diving Fundamentals

Prerequisite: Level 4. Learn 5 basic dives as well as the approach. No prior diving experience is necessary.

Pool Rentals

Rent John Glenn, Maplewood, or Skyview pools for parties, scout badge work, water polo, and more. Adult chaperone must accompany youth groups.

Cost: \$75 - \$125/hour depending on day and number of swimmers.
Call 748-7439 to reserve pool.

Lifeguard Training

Earn your Red Cross Certificate.
Winter Class: January 2010
Spring Class: June 2010

Call 651-748-7434 for more information and to register.

Skyview Open Swim/Lap Swim

See page 3 for details.

JOHN GLENN MIDDLE SCHOOL POOL

1560 County Rd B East

Maplewood, MN 55109

(83 degrees with corner stairway entry)

Monday Nights @ John Glenn Pool

8 Lessons 9/28 – 11/16, Fee: \$56

Mini Tots	6:30-7 pm	#SM1
Tiny Tots	6-6:30 pm	#ST1
Tiny Tots	7-7:30 pm	#ST2
Turtles	5:30-6 pm	#STU1
Bobbers	6-6:30 pm	#SB1
Bobbers	7-7:30 pm	#SB2
Super Kids	6:30-7 pm	#SSK1
Super Kids	7:30-8 pm	#SSK2
Level 1 & 2	6:30-7:25 pm	#S1A
Level 3	5:30-6:25 pm	#S3A
Level 4	7:30-8:25 pm	#S4A

Wednesday Nights @ John Glenn Pool

8 Lessons 9/30 – 11/18, Fee: \$56

Mini Tots	5:30-6 pm	#SM2
Mini Tots	6-6:30 pm	#SM3
Tiny Tots	6:30-7 pm	#ST3
Turtles	6-6:30 pm	#STU2
Bobbers	5:30-6 pm	#SB3
Bobbers	7-7:30 pm	#SB4
Super Kids	6:30-7 pm	#SSK3
Level 1 & 2	5:30-6:25 pm	#S1B
Level 3	6:30-7:25 pm	#S3B
Level 4	7:30-8:25 pm	#S4B
Adult/Teen	7:30-8:25 pm	#SA1

Private and Semi Private Youth Lessons

John Glenn - Saturdays

30-minute classes

(Semi-private must register 2 children of same ability)

Cost: Private \$85 Semi-private \$60

Call 651-748-7434 to register

4 Lessons: 10/3, 10/10, 10/24, 10/31

12 pm, 12:30 pm

4 Lessons: 11/14, 11/21, 12/5, 12/12

12 pm, 12:30 pm

Thursday Nights @ John Glenn Pool

7 Lessons 10/29 – 12/17, Fee \$49

(no lesson 11/26)

Mini Tots	6-6:30 pm	#SM4
Tiny Tots	6:30-7 pm	#ST4
Bobbers	7-7:30 pm	#SB5
Super Kids	7:30-8 pm	#SSK4
Level 1 & 2	6-6:55 pm	#S1C
Level 3	7-7:55 pm	#S3C

Saturday Daytime @ John Glenn Pool

8 Lessons 10/3 – 12/12, Fee: \$56

(no lesson 10/17, 11/7, 11/28)

Mini Tots	10-10:30 am	#SM5
Tiny Tots	10:30-11 am	#ST5
Turtles	9-9:30 am	#STU3
Turtles	11:30-12 pm	#STU4
Bobbers	9:30-10 am	#SB6
Bobbers	10:30-11 am	#SB7
Super Kids	10-10:30 am	#SSK5
Super Kids	11-11:30 am	#SSK6
Level 1 & 2	9-9:55 am	#S1D
Level 1 & 2	12-12:55 pm	#S1E
Level 3	11-11:55 am	#S3D
Level 4	10-10:55 am	#S4C

ADULT WATER CLASSES

at John Glenn

Water Workout

Tone muscles while improving endurance and flexibility. This class is less vigorous than the Cardio Water Workout. Pool has a corner stairway entrance and is 83 degrees.

Tuesdays: 7 sessions 7:45 - 8:45 pm \$35 #SW1

9/29 - 11/17 (no class 11/3)

Walk-In rate \$6

Arthritis Water Fitness

Developed by the Arthritis Foundation, this class will gently increase range of motion, strength, and flexibility. The class is appropriate for people with arthritis, fibromyalgia, multiple sclerosis, or similar conditions. Pool has a corner stairway entrance and is 83 degrees.

Tues/Thurs: 22 sessions 3:30 - 4:30 pm \$110 #SA1

9/29 - 12/17 (no class 10/15, 11/26)

Walk-In rate \$6

SKYVIEW COMMUNITY SCHOOL POOL

1100 Heron Avenue North

Oakdale, MN 55128

(Eight lane competitive pool with ladder entry; family locker room)

Monday Nights @ Skyview Pool

8 Lessons 9/28 – 11/16, Fee: \$56

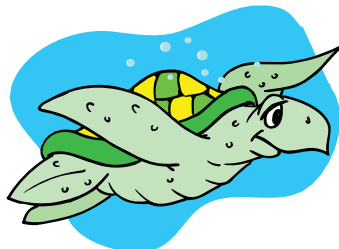
Level 1 & 2	6-6:55 pm	#S1F
Level 1 & 2	7-7:55 pm	#S1G
Level 3	7-7:55 pm	#S3E
Level 4	6-6:55 pm	#S4D
Level 5	6-6:55 pm	#S5A
Level 6a	7-7:55 pm	#S6A

Tuesday Nights @ Skyview Pool

7 Lessons 10/27 – 12/15, Fee: \$49

(no lesson 11/3)

Tiny Tots	7-7:30 pm	#ST6
Bobbers	7:30-8 pm	#SB8
Level 1 & 2	7-7:55 pm	#S1H
Level 3	8-8:55 pm	#S3F
Level 4	8-8:55 pm	#S4E
Diving (<i>New</i>)	7-7:55 pm	#SDA



ADULT WATER CLASSES

Cardio Water Workout at Skyview

Increase cardiovascular endurance and muscular strength during this total body pool workout. No swimming ability is necessary, but you need upper body strength to use the ladder to exit the pool. **Ladder entry/exit only.**

Mondays: 12 sessions 8 - 9 pm \$60 #SC1
9/28 - 12/14

Wednesdays: 11 sessions 7 - 8 pm \$55 #SC2
9/30 - 12/16 (no class 11/25)

Mon/Wed: 23 sessions (SPECIAL PRICE) \$95 #SC3
Times/Dates listed above.

Cardio Water Fitness Walk-In Rate \$6

Saturday Daytime @ Skyview Pool

8 Lessons 10/3 – 12/5, Fee: \$56

(no lesson 10/17, 11/28)

Morning Lessons:

Level 1 & 2	10-10:55 am	#S1I
Level 1 & 2	12:30-1:25 pm	#S1J
Level 3	11-11:55 am	#S3G
Level 4	9-9:55 am	#S4F
Level 5	9-9:55 am	#S5B
Level 6b	10-10:55 am	#S6B

Afternoon Lessons:

Bobbers	3-3:30 pm	#SB9
Super Kids	3:30-4 pm	#SSK7
Level 1 & 2	3-3:55 pm	#S1K
Level 3	4-4:55 pm	#S3H
Level 4	4-4:55 pm	#S4G

Private and Semi Private Youth Lessons

Skyview - Saturdays

30-minute classes

(Semi-private must register 2 children of same ability)

Cost: Private \$85 Semi-private \$60

Call 651-748-7434 to register

4 Lessons: 10/3, 10/10, 10/24, 10/31

8:30 am, 11 am, 11:30 am, 12:30 pm, 1 pm

4 Lessons: 11/7, 11/14, 11/21, 12/5

8:30 am, 11 am, 11:30 am, 12:30 pm, 1 pm

Skyview

Open Swim/Lap Swim

Saturdays: 1:30 - 3 pm

10/3, 10/10, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5

Fee: \$10/Family of 4 (\$1/each add'l)

\$4/Adult; \$3/Student or child

Skyview classes are offered in cooperation with the City of Oakdale's Parks and Recreation Department.



Independent School District 622
Aquatics
2520 E. 12th Avenue
North St. Paul, MN 55109
(651-748-7434)
<http://communityeducation.isd622.org>

**NON PROFIT ORG.
US POSTAGE PAID
ST PAUL, MN
PERMIT NO 4263**

**Inside: Youth &
Adult Aquatic Activities**



District 622 North St. Paul/Maplewood/Oakdale

Why learn to swim with us?

» **Small Class Size**

Preschool Lessons: 1:4 instructor/student ratios

School-Age Swimming Lessons: 1:5 instructor/student ratios for lower levels

» **Experienced Instructors**

» **Maximum of 3 classes in the pool at one time**

» **No other swim activities in the pool during swimming lessons**

» **Reasonable Rates**

» **Balcony or bleachers for comfortable, easy viewing. (Grandparents welcome!)**

"I love the swimming lessons at Skyview pool. There are never more than three to four classes happening at the same time. My son is not distracted. He can concentrate on learning to swim."

Registration Process:

- Complete the registration form.
- List up to two (2) choices/child.
- Keep a copy for easy reference.
- Adult registration use boxed section.

Register by:

Mail: CE - Swim
 2520 12th Ave. E.
 N. St. Paul, MN 55109
Phone: 651-748-7434
Fax: 651-748-7497

Note: VISA/MC required for phone and fax registrations.

Make checks payable to ISD #622

Confirmations:

No confirmation calls will be made or cards sent when your child is placed in their first-choice class.

You **will be** called to verify 2nd choice placement.

Payment must accompany registration in order for a child to be placed in a class.

Register early for best class selection

Refund Policy:

If you withdraw from a class **before** the start date, a \$5 processing fee will be deducted from your refund. Refunds are not given on or after the start date of the class.

Safety & Locker Room

Etiquette: All preschoolers must be supervised by an adult in the balcony or locker room when not in a lesson. Children over 6 years old must use gender appropriate locker room.

No Street shoes on pool deck.

Registration begins September 11, 2009 - continues until classes are full.

CHILD INFORMATION

CLASS CHOICE INFORMATION

(You may list up to two choices per child.)

	Level <small>(Ex: Mini Tots)</small>	Class # <small>SM1</small>	Day <small>Mondays</small>	Time <small>6:30 pm</small>	Location <small>J.G.</small>	Fee <small>\$56</small>
First Child Name: _____ First Last	1.	_____	_____	_____	_____	_____
Birth date _____	2.	_____	_____	_____	_____	_____
Second Child Name: _____ First Last	1.	_____	_____	_____	_____	_____
Birth date _____	2.	_____	_____	_____	_____	_____
Third Child Name: _____ First Last	1.	_____	_____	_____	_____	_____
Birth date _____	2.	_____	_____	_____	_____	_____

Use this space to register for Adult Swim Lessons or Water Fitness Classes

Name of Adult registering _____ (please complete additional information below)
 Class Name _____ Fee _____
 Class Number _____ Day _____ Time _____

Parent/Guardian/Adult Information - Must be completed.

Name _____ Address _____
 City _____ Zip _____ Phone (W or C) _____ (H) _____

UCare Member Discount - Up to \$15 per class. UCare member ID # _____ **Total fees:** _____
Total amount enclosed \$ _____

Charge my: MasterCard /Visa Card # _____ - _____ - _____ - _____
 Expiration Date _____ Signature _____

Write Checks to: ISD #622