



Learn to Swim

Learn to Swim at the CCC! Our caring and dedicated instructors have been trained in the American Red Cross curriculum. You and your child will enjoy developing swimming and water safety skills in our positive learning environment. For questions about our Learn-to-Swim program, including level placement, please call the Aquatics Coordinator at (952) 227-7746.

Group Rate Cost: \$54 Member; \$68 Non-Member



REGISTRATION

On-line at www.chaskacommunitycenter.com or at the front desk of the Community Center.

Session A: WINTER Jan. 9–Feb. 25

All classes meet once a week for seven weeks

Monday	January 9–February 20
Tuesday	January 10–February 21
Wednesday	January 11–February 22
Thursday	January 12–February 23
Saturday	January 14–February 25

Registration Starts for WINTER session:

- Friday, December 9 for Members
- Friday, December 16 for Non-Members

Session B: SPRING March 5–April 28

All classes meet once a week for seven weeks

Monday	March 5–April 23	
Tuesday	March 6–April 24	
Wednesday	March 7–April 25	(No class April 2 through April 7)
Thursday	March 8–April 26	
Saturday	March 10–April 28	

Registration Starts for SPRING session:

- Monday, February 6 for Members
- Monday, February 13 for Non-Members

MONDAYS

Session A: January 9–February 20

Session B: March 5–April 23

Class meets one day a week for seven weeks.

Time	Level	Winter/Spring
9:30–10:00 a.m.	Parent/Child Level 1: 6 to 24 months	A01/B01
10:05–10:35 a.m.	Parent/Child Level 2: 2 to 4 years	A02/B02
5:00–5:30 p.m.	Parent/Child Level 2: 2 to 4 years	A03/B03
5:35–6:05 p.m.	Parent/Child Level 1: 6 to 24 months	A04/B04
6:10–6:40 p.m.	Parent/Child Level 2: 2 to 4 years	A05/B05

WEDNESDAYS

Session A: January 11–February 22

Session B: March 7–April 25

Class meets one day a week for seven weeks.

Time	Level	Winter #	Spring #
9:30–10:00 a.m.	Preschool 1	A22	B22
10:05–10:35 a.m.	Preschool 2	A23	B23
10:40–11:10 a.m.	Guppies	A24	B24
5:00–5:30 p.m.	Preschool 2	A25	B25
5:35–6:05 p.m.	Preschool 1	A26	B26
6:10–6:40 p.m.	Guppies	A27	B27

TUESDAYS

Session A: January 10–February 21

Session B: March 6–April 24

Class meets one day a week for seven weeks.



Time	Level	Winter #	Spring #
9:30–10:00 a.m.	Preschool 1	A06	B06
10:05–10:35 a.m.	Preschool 2	A07	B07
10:40–11:10 a.m.	Guppies	A08	B08
4:30–5:00 p.m.	Preschool 1	A09	B09
4:30–5:10 p.m.	Level 1	A10	B10
	Level 2	A11	B11
	Level 3	A12	B12
5:05–5:35 p.m.	Guppies	A13	B13
5:15–5:55 p.m.	Level 2	A14	B14
	Level 4	A15	B15
	Level 5/6	A16	B16
5:40–6:10 p.m.	Preschool 3	A17	B17
6:00–6:40 p.m.	Level 2	A18	B18
	Level 3	A19	B19
	Level 4	A20	B20
6:15–6:45 p.m.	Preschool 2	A21	B21

THURSDAYS

Session A: January 12–February 23

Session B: March 8–April 26

Class meets one day a week for seven weeks.

Time	Level	Winter #	Spring #
4:30–5:00 p.m.	Guppies	A28	B28
	Preschool 1	A29	B29
4:30–5:10 p.m.	Level 2	A30	B30
	Level 3	A31	B31
5:05–5:35 p.m.	Preschool 1	A32	B32
	Preschool 2	A33	B33
5:15–5:55 p.m.	Level 1	A34	B34
	Level 5/6	A35	B35
5:40–6:10 p.m.	Parent/Child L2	A36	B36
	Preschool 3	A37	B37
6:00–6:40 p.m.	Level 2	A38	B38
	Level 4	A39	B39
6:15–6:45 p.m.	Preschool 1	A40	B40
	Preschool 2	A41	B41

SATURDAYS

Session A: January 14–February 25

Session B: March 10–April 28

Class meets one day a week for seven weeks.

Time	Level	Winter #	Spring #
9:00–9:30 a.m.	Preschool 1	A42	B42
	Preschool 2	A43	B43
9:00–9:40 a.m.	Level 1	A44	B44
	Level 2	A45	B45
	Level 4	A46	B46
9:35–10:05 a.m.	Preschool 2	A47	B47
	Preschool 3	A48	B48
9:45–10:25 a.m.	Level 2	A49	B49
	Level 3	A50	B50
	Level 4	A51	B51
10:10–10:40 a.m.	Parent/Child L1: 6 to 24 mo.	A52/B52	
	Guppies	A53	B53
10:30–11:10 a.m.	Level 2	A54	B54
	Level 3	A55	B55
	Level 5/6	A56	B56
10:45–11:15 a.m.	Parent/Child L2: 2 to 4 yrs.	A57/B57	
	Preschool 1	A58	B58
11:15–11:55 a.m.	Level 1	A59	B59
	Level 2	A60	B60
11:20–11:50 a.m.	Preschool 1	A61	B61
	Preschool 2	A62	B62

ADAPTIVES SWIM LESSONS SATURDAYS

Session A: January 14–February 25

Session B: March 10–April 28

Class meets one day a week for seven weeks.

Swimming lessons for all ages and abilities for children with special needs. These are one-on-one lessons. Pre-registration required. Taught by Water Safety Instructors.

Cost: \$84 Member; \$100 Non-Member

Time	Level	Winter #	Spring #
12:00–12:30 p.m.	Adaptives	A63	B63
12:30–1:00 p.m.	Adaptives	A64	B64



(952) 448-5633

Adult Swim Lessons

Beginner, Intermediate and Advanced classes available. Must be 18 years of age or older. Individual goals are determined and the instructor will work with the student to achieve the goals.

Dates: Wednesdays, January 11–February 15
(Class meets once a week for 6 weeks)

Time: Intermediate/Advanced Adult Class: 5:00–5:30 p.m.
Beginner Adult Class: 5:30–6:00 p.m.
(Pre-requisite: must be able to swim 1 lap of pool)

Cost: \$54 Member; \$68 Non-Member

Private Swim Lessons

Private lessons or semi-private swim lessons are available for all ages and skill levels. For more information, please call the Aquatics coordinator at (952) 227-7746.

American Red Cross Guard Start (Jr. Lifeguarding)

American Red Cross Guard Start: Lifeguarding Tomorrow program is available to youth ages 10 to 15 years old who have the desire to learn about the responsibilities and duties of a lifeguard. This program will help your child build a foundation of knowledge, attitudes and skills to become a future lifeguard. Your child will receive instruction in prevention, fitness, response, leadership, professionalism and swimming skill development. Textbook provided. Call Tessa Syverson at (952) 227-7746 for more information.

Dates: April 2–5

Time: 9:00–11:00 a.m.

Cost: \$80 Member; \$100 Non-Member



INTRODUCTION TO Competitive Swimming

Ages 10 to 15

This fun new program is designed for students who want to improve their swimming skills without committing to a swim team. Staff will work on refining the four competitive swimming strokes (butterfly, backstroke, breaststroke and freestyle) as well as work on diving starts and turns. Participants will learn how to write their own swim workout and perform it. Prerequisites: Level 5 or swim 50 yards without stopping (1 lap) and familiar with the four main competitive strokes.

Session A: Thursdays, January 12–February 23

Time: 6:00–6:40 p.m.

Session B: Saturdays, March 10–April 28

Time: 9:00–9:40 p.m.

Cost: \$54 Member; \$68 Non-Member



AMERICAN RED CROSS LEARN TO SWIM COURSE DESCRIPTIONS

PRESCHOOL LEVELS

Parent Child: Level 1

6 to 24 months and parent or guardian

Enjoy swimming with your child and learn fundamental safety and aquatic skills while having fun in the water!

Parent and Child: Level 2

2 to 4 years old and parent or guardian

Enjoy swimming with your child and learn more advanced safety and aquatic skills while having fun in the water!

Guppies 3 Year Olds

This class is for children who are ready to explore the water independently of their parents. Swimmers will learn to feel comfortable in the water and enjoy the water safely. All participants need to be fully potty-trained, able to separate from their parents and able to follow directions. Curriculum will match Preschool Level 1.

Preschool Level 1: Introduction to Water Skills

Ages 4 to 5

Preschooler swimmers learn to feel comfortable in the water and enjoy the water safely.

Fundamental aquatic skills are taught to develop good swimming habits and safe practices in and around the pool. *There are no prerequisite skills for this class.*

Participants learn to:

- Blow bubbles and submerge face
- Float on front and back with support
- Swim on front and back with support
- Basic water safety rules



REGISTRATION TIP: Students that pass Preschool Level 1 and are under the age of 6 should register for Preschool Level 2. Students that pass Preschool Level 1 and are age 6 and older, should register for Level 2 below.

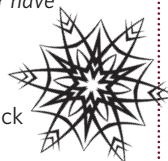
Preschool Level 2: Fundamental Aquatic Skills

Ages 4 to 5

This class is for well-adjusted preschoolers who are ready to learn and perform skills with little assistance. *Prerequisite: Students must have completed Preschool Level 1 or have equivalent skills.*

Participants learn to:

- Submerge entire head
- Float and glide on front and back



- Swim on front 3 body lengths
- Roll over front to back, back to front

REGISTRATION TIP: Students that pass Preschool Level 2 and are under the age of 6 should register for Preschool Level 3. Students that pass Preschool Level 2 and are age 6 and older, should register for Level 2 below.

Preschool L3: Stroke Development

Ages 4 to 5

Increase proficiency and build on the aquatic skills learned in Preschool Level 2 by providing additional practice with increased distances. Skills in this level are performed independently.

Prerequisite: Students must have completed Preschool Level 2 or have equivalent skills.

Participants learn to:

- Jump into deep water
- Submerge and retrieve an object
- Swim front crawl and back crawl for 5 body lengths independently
- Tread water, survival float and back float for 15 seconds

REGISTRATION TIP: Students that pass Preschool Level 3 and are 6 years old should register for Level 3 below.



QUESTIONS ABOUT LEVEL PLACEMENT? CALL THE AQUATICS COORDINATOR AT (952) 227-7746.

6 YEARS AND OLDER LEVELS

Level 1: Intro to Water Skills

Participants learn to feel comfortable in the water and enjoy the water safely. Fundamental aquatic skills are taught to develop good swimming habits and safe practices in and around the pool. *Prerequisite: Students must be at least 6 years old.*

Participants learn to:

- Blow bubbles and submerge face
- Float on front and back with support
- Swim on front and back with support
- Basic water safety rules

L2: Fundamental Aquatic Skills

This level marks the beginning of true locomotion skills. Students are performing skills without support and developing arm and leg actions that lay the foundation for future strokes. *Prerequisite: Students must have completed Level 1 or have equivalent skills.*

Participants learn to:

- Submerge entire head
- Swim on front and back 5 body lengths
- Roll over front to back, back to front
- Float and glide on front and back

Level 3: Stroke Development

Increase proficiency and build on the aquatic skills learned in Level 2 by providing additional practice with increased distances.

Prerequisite: Students must have completed Level 2 or have equivalent skills.

Participants learn to:



- Jump into deep water and tread water 30 seconds
- Diving from a sitting and kneeling position
- Rotary breathing
- Front crawl, back crawl, elementary backstroke, sidestroke 15 yards
- Swim using the dolphin kick for 3-5 body lengths

Level 4: Stroke Improvement

Participants improve skills worked on in Level 3 and endurance for front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke. *Prerequisite: Students must have completed Level 3 or have equivalent skills.*

Participants learn to:

- Swim front crawl and elementary backstroke for 25 yards
- Swim sidestroke, back crawl, breaststroke and butterfly 15 yards
- Perform open turns on front and back
- Dive from a standing position
- Perform a feet-first surface dive and swim underwater

Level 5: Stroke Refinement

Participants refine their performance of all the strokes and increase distances. *Prerequisite: Students must have completed Level 4 or have equivalent skills.*

Participants learn to:

- Perform a long shallow dive
- Perform tuck and pike surface dives
- Perform flip turns
- Swim front crawl and elementary backstroke for 50 yards

- Swim butterfly, back crawl, breaststroke, and sidestroke for 25 yards

Level 6: Fitness Swimmer

Participants swim strokes with more ease, efficiency, power and smoothness over greater distances. *Prerequisites: Students must have completed Level 5 or have equivalent skills.*

Participants learn to:

- Swim front and back crawl for 100 yards
- Swim butterfly, elementary backstroke, breaststroke and sidestroke for 50 yards
- Perform flip turns while swimming
- How to use lap swimming equipment (pull buoy, fins, pace clock, paddles)
- Calculate target heart rate and how to write a workout.



NOT SURE WHAT
LEVEL YOUR CHILD
SHOULD BE IN?

Call Tessa for a free
swim assessment.
(952) 227-7746

