



Register On-line at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com) or at the front desk of the Community Center.

# Learn to Swim

June 14 - September 2

Learn to Swim at the Chaska Community Center! 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.

Registration Begins: May 17 for Members; May 24 for Non-Members

Cost: \$52 Member; \$66 Non-Member

## Community Center Lessons

June 14 - September 2

### MONDAY - THURSDAY

Class meets 4 days a week for 8 classes.

- Session 1: June 14 - 24
- Session 2\*: June 28 - July 8 (No class on July 5)
- Session 3: July 12 - 22
- Session 4: July 26 - August 5
- Session 5: August 9 - August 19

\*Session has 7 classes

#### Preschool Classes

- 9:00 - 9:30 (1) Guppies
- 9:35 - 10:05 (2) Preschool 1
- 10:10 - 10:40 (3) Preschool 3
- 10:45 - 11:15 (4) Preschool 2

#### School Age Classes (6 - 12 year olds)

- |                  |                   |                    |
|------------------|-------------------|--------------------|
| 9:00 - 9:40 a.m. | 9:45 - 10:25 a.m. | 10:30 - 11:10 a.m. |
| (5) Level 2      | (8) Level 1       | (11) Level 1       |
| (6) Level 3      | (9) Level 3       | (12) Level 2       |
| (7) Level 5/6    | (10) Level 4      | (13) Level 4       |

### MONDAY AND WEDNESDAY EVENINGS

Class meets 2 days a week for 4 weeks.

- Session 1\*: June 14 - July 7 (No class on July 5)
- Session 2: July 12 - August 4
- Session 3: August 10 - September 1

\* Session has 7 classes

#### Parent-Child Class Times and Levels

(Parent accompanies child in the water)

- 5:00 - 5:30 p.m. (14) Parent/Child Level 1: 6 - 24 months
- 5:35 - 6:05 p.m. (15) Parent/Child Level 2: 2 - 4 years
- 6:10 - 6:40 p.m. (16) Parent/Child Level 1 and 2

**\*Please remember:**  
If your child misses a lesson,  
you will not receive a  
make-up lesson.

### TUESDAY AND THURSDAY EVENINGS

Class meets 2 days a week for 4 weeks.

- Session 1: June 15 - July 8
- Session 2: July 13 - August 5
- Session 3: August 10 - September 2

#### Preschool Classes

- 4:45 - 5:15 p.m. (17) Preschool 1
- 5:20 - 5:50 p.m. (18) Preschool 3
- 5:55 - 6:25 p.m. (19) Guppies
- 6:30 - 7:00 p.m. (20) Preschool 2

#### School Age Classes (6 - 12 year olds)

- |                  |                  |                  |
|------------------|------------------|------------------|
| 4:45 - 5:25 p.m. | 5:30 - 6:10 p.m. | 6:15 - 6:55 p.m. |
| (21) Level 2     | (24) Level 1     | (27) Level 1     |
| (22) Level 3     | (25) Level 4     | (28) Level 2     |
| (23) Level 4     | (26) Level 5/6   | (29) Level 3     |

### STRUCTURED PRIVATE SWIM LESSONS

Thirty-minute private lessons (1:1 ratio) or semi-private lessons (1:2 or 1:3 ratios) for all ages and skill levels.

Class meets on Fridays once a week for 4 weeks.

- Session 1: June 18 - July 9
  - Session 2: July 16 - August 6
- Additional times are available throughout the week. For more information please call the Aquatics Coordinator at (952) 227-7746.
- (30) 10:10 - 10:40 a.m.
  - (31) 10:45 - 11:15 a.m.
  - (32) 11:20 - 11:50 a.m.

#### Cost for Private Lessons:

- \$100 Member
- \$128 Non-Member

#### Cost for Semi-Private Lessons:

- \$76 Member
- \$100 Non-Member

### ADAPTIVES

Swimming lessons for all ages and abilities for children with special needs. These are one-on-one lessons. Space and instructors are limited. Pre-registration required.

Class meets once a week on Fridays for 8 weeks.

- Session 1: June 18 - August 6
  - (33) 9:00 - 9:30 a.m.
  - (34) 9:35 - 10:05 a.m.
- Cost: \$80 Member; \$100 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 Pre-school 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 independently. 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 Level 3: Stroke Development

**Ages 4 to 5**

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

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

Participants learn to:

- Jump into deep water & 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 each
- 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 stroke 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 pick 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.