

SPECIALTY SWIM PROGRAMS!

AMERICAN RED CROSS GUARD START

(Junior Lifeguarding)

Ages 10 to 15

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.

Place: CCC

Dates: Fridays; June 24, July 1, July 8, July 15

Time: 9:00–11:00 a.m.

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

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 4 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 I: Monday and Wednesdays, April 4–27
Class meets 2 times per week for 4 weeks.

Time: 5:00–5:55 p.m.

Session II: Tuesdays and Thursdays, June 14–July 7
Class meets 2 times per week for 4 weeks.

Time: 6:00–6:45 p.m.

Session III: Monday–Thursdays, July 11–21
Class meets 4 times per week for 2 weeks.

Time: 9:00–9:45 a.m.

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

NEW! WATER SPORTS & GAMES SAMPLER

Ages 9 to 13

Join our aquatic staff each week to play a different organized swimming game. Water polo, water basketball, Capture the brick, group games and relay races will all part of the action each Friday! Pre-registration required. Games meet once a week on Fridays for 6 weeks.

Dates: Fridays; June 17–July 22

Time: 12:00–12:45 p.m.

Cost: \$18 Member; \$24 Non-Member

Open Swim Guidelines

FOR CHASKA COMMUNITY CENTER POOL*

In order to provide a safe and clean environment for all who use the pool area, please observe the following guidelines:

1. All patrons using the swimming pools or spas must wear a swimsuit. T-shirts, gym shorts, boxers, spandex shorts, jean shorts, sport bras, other types of undergarments, or sweatshirts are not allowed in the water. **SWIMSUITS ONLY.**
2. Children 5 years old and under must have direct in-water supervision by a responsible person 16 years of age or older. The responsible person must be in the water with a swimsuit on within arms length of the child at all times.
3. Children 6 to 8 years old must be supervised by a responsible person 16 years of age or older. The responsible person must stay in the pool area.
4. Flotation devices such as lifejackets or water wings are only allowed with direct in water supervision of a responsible person 16 years of age or older. Lifejackets or water wings are not allowed in the deep end or on the waterslide.
5. All non-toilet trained children must wear swim diapers with a plastic liner over them.
6. Spa usage is limited to 5 people per spa. The hot spa is for adults 18 and over. Children who have a responsible person supervising them may use the warm spa. Bathing times maybe regulated during busy times and swimming is not allowed in the spas.
7. Lap swim is scheduled for those patrons who can swim laps continuously, follow all rules, take directions from the lifeguard, are willing to share a lane, and are able to be respectful of all other patrons. 1 lane will be designated for aqua jogging. Equipment such as: waterbelts, dumbbells, noodles, fins, kickboards and pull buoys will only be available during lap swim times.
8. No food or beverages are allowed in the pool area. Water is allowed in plastic containers, no glass is allowed.
9. All children must be 48" tall to go down the yellow water slide. If a child is not 48" they must pass the swim test administered by the lifeguard. Contact a lifeguard for the waterslide swim test procedures.

*A complete list of rules is available at the CCC front desk.