



Swimming Lessons

Plymouth Middle School
 10011 36th Avenue North
 Plymouth, MN

DAYTIME LESSONS

Class Fee: \$60* (seven 50-min lessons)

Session 1: Mon Jun 13– Tues Jun 21

Session 2: Wed Jun 22 – Th Jun 30

9:30 am Levels 1-4
 10:30 am Levels 1-5
 11:30 am Levels 1-7

Pool Director: Earle Anderson 763-504-7116

1 pm Levels 1-4
 2 pm Levels 1-5
 3 pm Levels 1-7

Pool Director: Alan Goodwin 763-504-8216

Sandburg Learning Center

Due to construction, the Sandburg pool will be closed this summer. All lessons will be held at the Plymouth Middle School pool.

**Price for students on Free or Reduced Lunch: \$15*

EVENING LESSONS

Mon & Wed

Class Fee: \$60* (eight 45-min lessons)

Session 1: Jun 6-29

5 pm Levels 1-3
 6 pm Aqua Tots (30 min)
 6 pm Levels 1-5
 7 pm Levels 1-7

Pool Director: Alan Goodwin 763-504-8216

Tues & Thurs

Class Fee: \$60* (eight 45-min lessons)

Session 1: Jun 7-30

5 pm Levels 1-3
 6 pm Levels 1-5
 7 pm Levels 1-7

Pool Director: Earle Anderson 763-504-7116

REGISTRATION OPTIONS:

Now - May 24

On-line registration at ced.rdale.org or by phone at 763-504-6990

Thursday, May 26 from 6-7 pm

In person registration at the Plymouth Middle School Cafeteria

After May 26

Can't attend registration night? Do you have questions about the program? Call the pool director indicated to register over the phone.

SWIMMING LEVELS

AQUA TOTS

(For children under the age of 4)

This parent-child class teaches basic skills for working with children in the pool. Emphasizes basic water safety and self-help skills in a relaxed and playful manner, using games and songs. Children under age 4 must have water diapers.

1 WATER EXPLORATION

Beginner, First Level

Breath holding, rhythmic breathing, prone and back float and glide, flutter kick, arm crawl stroke, jump into water (chest deep).

2 PRIMARY SKILLS

Beginner, Second Level

Flutter kick (review), total crawl stroke (25 yards - including proper rhythmic breathing), backstroke (25 yards), jump into deep water, front dive from deck, combined test.

3 STROKE READINESS

Advanced Beginner

Crawl stroke (front and back) and elementary backstroke (50 yards each), breath control, underwater swim, tread water, rescue techniques (non-swimming).

4 STROKE DEVELOPMENT

Intermediate

Crawl stroke (front and back) and elementary back stroke (100 yards each), scissor kick, side stroke 50 yards, breast stroke kick, breaststroke 50 yards, float, tread water, standing front dive, five-minute swim (with all strokes).

5 STROKE REFINEMENT

Swimmer

Crawl stroke, back stroke, side stroke, breast stroke (100 yards each), flutter kick front and back 50 yards, surface dive to recover brick, butterfly stroke 25 yards, long shallow dive, 10-minute swim (all strokes).

6 SKILL PROFICIENCY

Front crawl, 200 yard back crawl, side stroke, breast stroke 100 yards with turns, butterfly stroke 25 yards, 20-minute swim, open turns.

7 ADVANCED SKILLS

Second Level Swimmer

For the student who wants to continue swimming but is not ready for advanced classes. Basic rescue, competitive strokes and skin diving will be practiced.



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