



**Please note registration start dates for FALL swim:
August 1, 2019**

Swimming Lessons

Plymouth Middle School

10011 36th Avenue North
Plymouth, MN

Contact:
PMS Pool 763-504-7116

Class Fee: \$65 (\$32)

Sandburg Middle School

2400 Sandburg Lane
Golden Valley, MN

Contact:
SMS Pool 763-504-8216

Class Fee: \$65 (\$32)

Evening Lessons

Mondays: Sep 9-Oct 28
6:30-7:15 pm Levels 1-4
7:30-8:15 pm Levels 1-7

Wednesdays: Sep 11-Oct 30
6:30-7:15 pm Levels 1-4
7:30-8:15 pm Levels 1-7

Evening Lessons

Tuesdays: Sep 10-Oct 29
6-6:30 pm Aquatots
6-6:45 pm Levels 1-6
7-7:45 pm Levels 1-6

Thursdays: Sep 12-Oct 31
6-6:30 pm Aquatots
6-6:45 pm Levels 1-6
7-7:45 pm Levels 1-6

HELP WANTED

We are looking for Swim Instructors and Lifeguards to work week day evenings during the school year (more hours available in summer). Staff must be at least 14 years old. We will train new Swim Instructors. Lifeguards must be certified.

Visit <https://goo.gl/AkX3Ch> for details and to apply.

Prices in (\$xx) are for students who qualify for Free or Reduced Lunch through Robbinsdale Area Schools.

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, front and back float for 10 seconds, 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.

3 STROKE READINESS

Advanced Beginner

Crawl stroke (front and back) and elementary backstroke (50 yards each), breath control, underwater swim, tread water, jump off diving board, 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, breast stroke 50 yards, float, tread water, standing front dive (off board), 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

This is 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.

Register Now! Go to rdale.eleyo.com or call 763-504-6990