



# summer swim lessons

## SUNDAYS (Seven week session; June 16 - July 28) \$105 - \$70 Member Value Pricing

2:00 - 2:30 PM	Tadpoles	Turtles	Otters	Stroke Dev
2:35 - 3:05 PM	Turtles	Seals	Jellyfish	Dolphins
3:15 - 3:45 PM	Tadpoles	Turtles	Jellyfish	Seals
3:50 - 4:20 PM	Parent & Child	Tadpoles	Turtles	Otters
4:25 - 4:55 PM	Parent & Child	Tadpoles	Turtles	Jellyfish
5:00 - 5:40 PM	Adult Beg	Adult Int	Teen	

## MONDAY (Seven week session; June 17 - July 29) \$105 - \$70 Member Value Pricing

4:00 - 4:30 PM	Tadpoles	Jellyfish	Stroke Dev
4:35 - 5:05 PM	Tadpoles	Turtles	Seals
5:15 - 5:45 PM	Parent & Child	Jellyfish	Otters
5:50 - 6:20 PM	Turtles	Seals	Dolphins
6:25 - 6:55 PM	Turtles	Jellyfish	Otters

## TUES & THUR (Seven class session; See sidebar for dates) \$105 - \$70 Member Value Pricing

4:00 - 4:30 PM	Parent & Child	Tadpoles	Turtles	Dolphins
4:35 - 5:05 PM	Tadpoles	Turtles	Seals	Otters
5:15 - 5:45 PM	Tadpoles	Turtles	Seals	Jellyfish
5:50 - 6:20 PM	Parent & Child	Seals	Jellyfish	Stroke Dev
6:25 - 6:55 PM	Turtles	Jellyfish	Otters	Dolphins
7:00 - 7:40 PM	Adult Beg	Adult Int	Teen	

**SESSION DATE  
OPTIONS**  
June 11 - July 2  
July 9 - July 30  
August 1 - August 22

## FRIDAYS (Eight week session; June 14 - August 2) \$120 - \$80 Member Value Pricing

9:30 - 10:00 AM	Tadpoles	Turtles	Otters
10:10 - 10:40 AM	Tadpoles	Seals	Jellyfish
10:50 - 11:20 AM	Parent & Child	Turtles	Seals

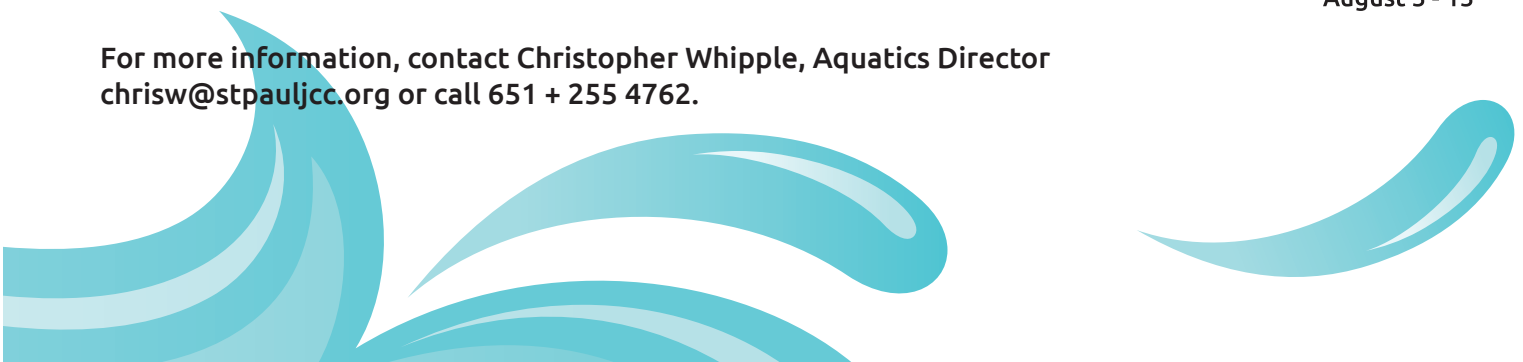
## Intensive Lessons

### MON - THUR (Two week sessions; See sidebar for dates) \$120 - \$80 Member Value Pricing

8:15 - 8:45 AM	Tadpoles	Turtles	Jellyfish	Otters
8:50 - 9:20 AM	Parent & Child	Tadpoles	Seals	Dolphins
9:25 - 9:55 AM	Turtles	Seals		

**SESSION DATE  
OPTIONS**  
June 17 - 27  
July 8 - 18  
August 5 - 15

For more information, contact Christopher Whipple, Aquatics Director  
chrisw@stpauljcc.org or call 651 + 255 4762.



## PARENT & CHILD: Ages 6 months – 3 years



### SWIMMING WITH PARENT

CLASSES ARE 20 MINUTES • 10:1 CHILD TO INSTRUCTOR RATIO  
An interactive class designed for little ones to become comfortable in and around the water. Emphasis is placed on learning through fun. By using songs, games and colorful equipment we introduce: floating skills, breath control, gentle submersions and survival skills.

## PRESCHOOL: Ages 3 – 5



### TADPOLES (LEVEL 1)

CLASSES ARE 30 MINUTES • 3:1 CHILD TO INSTRUCTOR RATIO  
An introductory class for children who are new to swimming or nervous in the water. Our goal is to develop confidence, breath control and proper body position. Positive reinforcement is critical to help the child build trust and confidence. Graduates will be able to do 10 relaxed bobs, front float and kicks for 5 seconds, get in the ready position, jump to teacher from the wall and relax in an assisted back float.



### TURTLES (LEVEL 2)

CLASSES ARE 30 MINUTES • 4:1 CHILD TO INSTRUCTOR RATIO  
For children who are comfortable in the pool and will go underwater willingly and happily. In this level the focus is on learning proper breathing techniques, improved floating skills, kicking strength and survival skills. Graduates will be able to do back float for 10 seconds, streamline with straight leg kicks, elementary backstroke, propulsive kicks on back, basic freestyle arms, rollovers and turnarounds.



### SEALS (LEVEL 3)

CLASSES ARE 30 MINUTES • 4:1 CHILD TO INSTRUCTOR RATIO  
For children who can swim independently and are ready to learn the basics of all four competitive strokes. In this advanced level, graduates will be able to swim freestyle with rollovers for 10 yards, side breathing and side kicking with assistance, backstroke, dolphin kicks and breaststroke kicks.

## GRADE SCHOOL: Ages 6 – 11



### JELLYFISH (LEVEL 1)

CLASSES ARE 30 MINUTES • 4:1 CHILD TO INSTRUCTOR RATIO  
For children to build confidence and to learn basic water safety skills through fun and games. Graduates will be able to do streamline, front kicks and back kicks for 25 yards, jump in the water and recover safely, elementary backstroke, freestyle with rollovers and swim underwater to pick up toys.



### OTTERS (LEVEL 2)

CLASSES ARE 30 MINUTES • 5:1 CHILD TO INSTRUCTOR RATIO  
An introduction to all four competitive strokes. Graduates will be able to start in ready position, swim 15 yards of freestyle with side breathing, 15 yards of backstroke, do a safe sit dive and have a basic understanding of breaststroke and dolphin kicks.



### DOLPHINS (LEVEL 3)

CLASSES ARE 30 MINUTES • 6:1 CHILD TO INSTRUCTOR RATIO  
A preparatory class for swimmers who want to join the swim team. Graduates will be able to swim 25 yards of freestyle and backstroke with good rotation, be able to swim 15 yards of butterfly and breaststroke with proper technique, be comfortable in deep water and able to tread water.

## TEEN & ADVANCED SWIMMER

### TEEN

AGES 12-17

CLASSES ARE 40 MINUTES • 5:1 SWIMMER TO INSTRUCTOR RATIO

Designed to help teens who are learning to swim or are uncomfortable in the water. Basic swimming and water safety skills are taught in a fun, relaxed way. We will progress at each individual's own pace in a supportive environment to prepare you to engage in water activities in a safe and enjoyable way.

### STROKE DEVELOPMENT

AGES 8-17

CLASSES ARE 30 MINUTES • 8:1 CHILD TO INSTRUCTOR RATIO

Designed to increase endurance, efficiency and confidence in the water. Emphasis will be placed refining technique in all four competitive strokes, introduce racing turns, including flip turns, and pace clock usage. Graduates will be able to swim 50 yards of freestyle and backstroke and 25 yards of butterfly and breaststroke.

## ADULT: Ages 18+

### BEGINNING ADULT

CLASSES ARE 40 MINUTES • 6:1 SWIMMER TO INSTRUCTOR RATIO

Designed to help those who are learning to swim or are uncomfortable in the water. We will progress at each individual's own pace in a supportive environment so as to experience one of the most relaxing, body-friendly types of exercise. We will help you have fun in the water by using barbells, pool noodles, kickboards and buoys.

### INTERMEDIATE ADULT

CLASSES ARE 40 MINUTES • 8:1 SWIMMER TO INSTRUCTOR RATIO

Designed for those who are comfortable underwater but need help swimming laps. We will develop technique and gracefulness. Freestyle will be the primary focus with concentration on proper breathing. Additionally, you'll be introduced to the other variety of swim strokes such as breaststroke, backstroke, elementary backstroke and sidestroke.

Please use these descriptions to help select a class. Assessments are available upon request.

