

SUMMER SWIM LESSONS

Learn to Swim at the Chaska Community Center! Here at the CCC, we teach American Red Cross swimming lessons. Our encouraging, caring, and devoted swim instructors will help develop you or your child's swimming and water safety skills in a fun and positive atmosphere. For questions about our swim lesson program, including level placement, please call the Aquatics Supervisor at (952) 227-7746.

Registration Begins:

Monday, April 26 at 9:00am for Members
Thursday, April 29 at 9:00am for Non-Members

Cost (per eight classes)

\$66 Member - \$98 Non-Member

REGISTER ONLINE AT

www.chaskacommunitycenter.com
or at the CCC Front Desk (952) 448-5633

TUESDAYS AND THURSDAYS

Class meets two days a week for 4 weeks

Session J: June 15-July 8

Session K: July 13-August 5

Time	Level	Class Number	
5:00-5:30pm	Preschool 2	J1	K1
	Preschool 3	J2	K2
5:00-5:40pm	Level 1	J3	-
	Level 2	J4	K3
	Level 4	-	K4
5:35-6:05pm	Preschool 1	J5	K5
	Preschool 2	J6	K6
5:45-6:25pm	Level 2	J7	K7
	Level 3	J8	K8
6:10-6:40pm	Parent/Child 1&2	-	K9
	Guppies	J9	K10
	Preschool 1	J10	-

MONDAY—THURSDAY

Class meets four days a week for 2 weeks

Session A: June 14-24

Session B: June 28-July 8

Session C: July 12-22

Session D: July 26-August 5

Time	Level	Class Number			
9:00-9:30am	Guppies	A1	B1	C1	D1
	Preschool 2	A2	B2	C2	D2
9:00-9:40am	Level 1	A3	B3	-	-
	Level 2	A4	B4	C3	D3
	Level 3	-	-	C5	D5
9:35-10:05am	Preschool 1	A5	B5	C6	D6
	Preschool 3	A6	B6	C7	D7
9:45-10:25am	Level 1	A7	B7	-	-
	Level 3	A8	B8	C9	D9
	Level 4	-	-	C10	D10
10:10-10:40	Preschool 1	A9	B9	C11	D11
	Preschool 3	A10	B10	C12	D12



SUMMER SWIM LESSONS

MONDAYS

Class meets one day a week for 8 weeks

Session G: June 14-August 2

Time	Level	Class Number
5:00-5:30pm	Guppies	G1
	Preschool 2	G2
5:00-5:40pm	Level 2	G3
	Level 3	G4
5:35-6:05pm	Preschool 1	G5
	Preschool 3	G6
5:45-6:25pm	Level 1	G7
	Level 2	G8
6:10-6:40pm	Preschool 1	G9
	Preschool 2	G10

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



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PRIVATE SWIM LESSONS

Do you or your child want one on one instruction for your swimming skills? Consider trying private swim lessons!

FRIDAYS

June 18—July 30

Seven 30-minute private lessons

Cost: \$175 Member (\$25 per class)

\$224 Non Member (\$32 per class)

Time	Level	Class Number
9:00-9:30am	Private	P6
9:35-10:05am	Private	P7
10:10-10:40am	Private	P8
10:45-11:15am	Private	P9
11:20-11:50am	Private	P10

NOT SURE WHAT LEVEL TO SIGN UP FOR? Call for a free swim assessment. (952) 227 7746



American Red Cross Learn To Swim Course Descriptions

PRESCHOOL LEVELS (UNDER 6)

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!

Parent Child : Level 2 2 to 4 years old and parent or guardian Enjoy swimming with your child and learn fundamental safety and aquatic skills while having fun!

Preschool 1: Introduction to Water Skills

Ages 4 to 5 Preschool 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.

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 Preschool L1 and are under the age of 6 should register for Preschool L2. Students that pass Preschool L1 and are age 6 and older, should register for Level 2.

Preschool 3: Stroke Development

Ages 4 to 5 Increase proficiency and build on the aquatic skills learned in Preschool Level 2 by providing additional practice with increased distances. Skills in this level are performed independently.

Participants learn to:

- Jump into deep water
- Submerge and retrieve an object
- Swim front crawl and back crawl for 5 body lengths independently
- Tread water, survival float, and back float for 15 seconds.

REGISTRATION TIP: Students that pass Preschool L3 and are 6 years old should register for L2.

Guppies Age 3 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 full potty-trained, able to separate from their parents, and able to follow direction. Curriculum will match Preschool Level 1.

Preschool 2: Fundamental Aquatic Skills

Ages 4 to 5 This class is for well adjusted preschoolers who are ready to learn and perform skills with little assistance. *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 L2 and are under the age of 6 should register for Preschool L3. Students that pass Preschool L2 and are age 6 and older, should register for Level 3.



**NOT SURE WHAT LEVEL
YOUR CHILD SHOULD BE IN?**
Call for a free swim assessment
(952) 227-7746

American Red Cross Learn To Swim Course Descriptions

6 YEARS AND OLDER LEVELS

Level 1: Introduction to Water Skills

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.

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 3: Stroke Development

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

Prerequisite: Students must have complete Level 2 or have equivalent skills.

Participants learn to:

- Jump into deep water and tread for 30 seconds
- Diving from a sitting and kneeling position
- Rotary breathing
- Front Crawl, Back Crawl, elementary backstroke, side-stroke, and dolphin kick



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
- Float and glide on front and back
- Swim on front 3 body lengths
- Roll over front to back, back to front

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
- Swim Sidestroke, Back Crawl, Elementary Backstroke, 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 and 6: Stroke Refinement / Fitness Swimmer

Participants refine their performance of all the strokes by increasing distance, efficiency, and power.

Prerequisite: students must have completed level 4 or have equivalent skills.

Participants learn to:

- Perform a long shallow dive
- Swim Front and Back Crawl for 100 yards
- Swim Butterfly, Elementary Backstroke, Breaststroke, and Sidestroke for 50 yards
- Perform flip turns while swimming

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