



Learn to Swim

The Shakopee Aquatics program utilizes the American Red Cross Learn to Swim Program. Please refer to the level descriptions and choose the one that most closely fits your child's swimming ability. If you have questions on level placement, please call 952-233-9508.

- It is common for a child to repeat a level a number of times before advancing to the next level. Our instructors are committed to teaching your child the necessary skills at each level. Practice outside of class time is essential for improved skill acquisition.
- Attendance is very important. New skills will build upon those learned in previous classes. Shakopee Parks and Recreation does not allow make ups for missed classes.
- Class Time: Please arrive 15 minutes before your class to change into swimming attire and shower. (Showers are mandatory)
- Please register your child for the recommended level. Do not register for a higher class than recommended. Shakopee Parks and Recreation reserves the right to move children to the appropriate level if they are not registered in the correct level.

Parent-Child Levels

Levels	Prerequisites	Class Descriptions
Tadpole/ Parent-Child 1 6 Months - 3 Years	No Prerequisites. Children not fully potty trained should wear a swim diaper to class.	The goal in Tadpoles is to provide experiences and activities for children to become acquainted with the water. They will learn to ask permission before entering the water, practice entering and exiting the water, and explore submersion of eyes, nose and mouth. After your child is comfortable in the water, they will explore buoyancy on front and back, change body positions in the water, and experience the use of a lifejacket.
Turtle/ Parent-Child 2 1 Year - 5 Years	Children should be comfortable in the water including submerging their face. The child should also be comfortable passing to and from the instructor during class. It is recommended that children take the Tadpole level before taking the Turtle level. Children not fully potty trained should wear a swim diaper.	Turtle builds the skills learned in the Tadpole level. The goals of the Turtle level are to provide experiences and activities for children to establish expectations for adult supervision. Children will learn more ways to enter and exit the water in a safe manner, glide on front and back with assistance, explore submersion, perform combined strokes on front and back with assistance, change body positions in the water and experience the use of a lifejacket.

Preschool Levels

Levels	Prerequisites	Class Descriptions
Crayfish/ Preschool 1 3 Years - 5 Years	No Prerequisites.	This is your child's chance to enter the water without a parent for the first time. The goal of the Crayfish level is to promote an appreciation for the water and to help children develop good attitudes and safe practices around the water. This class will focus on water adjustment including water entry and exit, breath control, buoyancy, and basic swimming skills.
Frog/ Preschool 2 3 Years - 5 Years	Children should be able to enter and exit the water safely and submerge their mouth to blow bubbles for 3 seconds. The child should also be comfortable gliding on their front for at least 2 body lengths, and floating on their back with minimal assistance for at least 3 seconds.	The objective of the Frog level is to build on the skills learned in Crayfish. Children continue to explore using simultaneous and alternating arm and leg actions on their front and back. This class will focus on helping your child to perform aquatic skills independently.
Otter/ Preschool 3 3 Years - 5 Years	Children should be able to glide at least 2 body lengths unsupported on their front and back. They will also need to float independently on their front and back and swim using a combined leg and arm action unsupported.	The Otter level is for children who have mastered floating and gliding on their front and back independently. Children will work to improve coordination of combined simultaneous arm and leg actions.

Teacher: Student Ratios for Swim Lessons			
Tadpole/Turtle	1:10	Trout/Walleye	1:8
Crayfish/Frog/Otter	1:5	Salmon/Muskie	1:10
Sunfish/Bluegill	1:6		

Progressive Levels

Levels	Prerequisites	Class Descriptions
Sunfish/Level 1 6 Years and Up	No Prerequisites	The objective of the Sunfish level is to learn basic personal water safety information and skills. In Sunfish, participants will learn elementary aquatic skills. If your child has mastered the skills in Otter, they should go directly to Bluegill when they turn 6 years of age.
Bluegill/Level 2 6 Years and Up	Participants should be able to enter the water independently. They should also be able to complete a glide on their front for 2 body lengths and back float for 10 seconds. Swimmers should also be comfortable submerging their face.	Blue Gills will learn to float without support. This level marks the beginning of true locomotion skills. Participants will develop simultaneous and alternating arm and leg actions on the front and back.
Trout/Level 3 6 Years and Up	Children should be able to step into chest deep water, move into a front float for 10 seconds, roll to back and float for 10 seconds. Participants should also be able to swim using a combined stroke on their front and back for at least 10 yards.	Participants will continue to work on their front and back strokes. They will also learn the survival float and elementary backstroke during this level. The dolphin kick and scissors kick will also be introduced. Swimmers will learn the rules for headfirst entries and begin to enter the water headfirst from a seated (poolside) position.
Walleye/Level 4 6 Years and Up	Swimmers should be able to show stroke proficiency in the front crawl, back crawl, and elementary backstroke. Participants should be able to swim independently for 25 yards on their front and 15 yards on their back.	The objective of the Walleye level is to develop the participants' confidence in the strokes learned thus far and to improve other aquatic skills. In this level we will work on endurance and refining strokes. Then we will refine the backstroke and add arms to the scissors kick for the sidestroke. Participants will also start to learn the breaststroke and butterfly in this level.
Salmon/Level 5 6 Years and Up	Participants should be able to swim front crawl for 50 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swimmers should also be comfortable swimming breaststroke, sidestroke, and back crawl for 15 yards.	In the Salmon level, participants will work on coordination and refinement of strokes. Participants refine their performance of all the strokes including front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. Flip turns are also introduced in this level.
Muskie/Level 6 6 Years and Up	Participants should be able to swim 100 yards of front crawl and 50 yards of elementary backstroke. They should also be able to swim 25 yards of breaststroke, sidestroke, and back crawl with the correct technique.	Refines the strokes so students swim them with ease, efficiency and power over greater distances. The Muskie level is designed with a focus on fitness swimming.
Adult 15 Years and Up	No Prerequisites	Whether you are a beginner, intermediate, or advanced swimmer, these lessons will boost your confidence in the water. Curriculum will be based on participant interests.

2012 Winter Learn to Swim Schedule

All lessons are held at the Middle School Pool. **Registration deadline is one week prior to the start of the class.**

Monday Lessons

January 16-March 12

(No Class February 20)

Fee: **\$61 Residents**
\$71 Non-Residents

Parent-Child & Preschool

Class	Time	Program #
Tadpole	4:45-5:15 PM	111A
Crayfish	4:45-5:15 PM	111C
Turtle	5:20-5:50 PM	112B
Crayfish	5:20-5:50 PM	112C
Frog	5:55-6:25 PM	113D
Otter	5:55-6:25 PM	113E
Crayfish	6:30-7:00 PM	114C
Frog	6:30-7:00 PM	114D

Tuesday Lessons

January 17-March 6

Fee: **\$61 Residents**
\$71 Non-Residents

Preschool

Class	Time	Program #
Crayfish	4:45-5:15 PM	121C
Frog	5:20-5:50 PM	122D
Otter	5:55-6:25 PM	123E
Crayfish	6:30-7:00 PM	124C

Progressive

Class	Time	Program #
Walleye	4:45-5:25 PM	1214
Sunfish	4:45-5:25 PM	1211
Bluegill	5:30-6:10 PM	1222
Trout	5:30-6:10 PM	1223
Salmon	6:15-6:55 PM	1235
Muskie	6:15-6:55 PM	1236

Inclusion Services

Any of the programs offered are inclusive and available for participants with special needs. To make arrangements, please call Brad Eller at 952-233-9507; TTY 952-496-4122.

Open Swim/Lap Swim

When: January 4-March 21

(No Open/Lap Swim 2/17-2/18)

Time: Wednesday 5:00-6:30 PM
Friday 5:30 - 8:00 PM
Saturday 1:00 - 3:00 PM

Where: Shakopee Middle School

Fee: \$2.50 or Free for SCC Members

Thursday Lessons

January 19-March 8

Fee: **\$61 Residents**
\$71 Non-Residents

Preschool

Class	Time	Program #
Frog	4:45-5:15 PM	131D
Otter	4:45-5:15 PM	131E
Crayfish	5:20-5:50 PM	132C
Frog	5:20-5:50 PM	132D
Crayfish	5:55-6:25 PM	133C

Progressive

Class	Time	Program #
Bluegill	4:45-5:25 PM	1312
Walleye	5:30-6:10 PM	1324
Sunfish	5:55-6:35 PM	1331
Trout	6:15-6:55 PM	1333

Saturday Lessons

January 21-March 17

(No Class February 18)
Fee: **\$61 Residents**
\$71 Non-Residents

Preschool

Class	Time	Program #
Crayfish	9:30-10:00 AM	141C
Frog	10:05-10:35 AM	142D
Crayfish	10:05-10:35 AM	142C
Tadpole	10:40-11:10 AM	143A
Crayfish	10:40-11:10 AM	143C
Turtle	11:15-11:45 AM	144B
Frog	11:15-11:45 AM	144D
Otter	11:50-12:20 PM	145E

Progressive

Class	Time	Program #
Sunfish	9:30-10:10 AM	1411
Salmon	9:30-10:10 AM	1415
Muskie	9:30-10:10 AM	1416
Blue Gill	10:15-10:55 AM	1422
Walleye	11:00-11:40 AM	1434
Trout	11:45-12:25 PM	1443
Adult	11:50-12:20 PM	1457

Adult Lap Swim

Who: Adults 16 years or older.

When: Mon, Wed, Fri
January 4-March 23
(No Lap Swim 2/20)

Time: 6:15 - 7:15 AM

Where: Shakopee Junior High

Fee: \$2.50 or Free for SCC Members

Private/Semi-Private Lessons

Private Swim Lessons offer 30 minutes of one-on-one instruction for swimmers of all ages who desire to improve swimming skills. Semi-privates offer instruction for 2 students of equal swimming ability (may be from separate families). Private & Semi-private lessons consist of 5 - 1/2 hour lessons. You will be contacted the week before the start of lessons to set up a time for the lessons.

Fee: **\$95 Resident Private (PRV)**
\$105 Non-Resident Private (PRV)
\$150 Resident Semi-Private (SPRV)
\$170 Non-Res. Semi-Private (SPRV)

(please enter letter code as first part of program #)

Mondays (1/16-2/13) Program #__11
Tuesdays (1/17-2/14) Program #__12
Thursdays (1/19-2/16) Program #__13
Saturdays (1/21-2/11, 2/25) Program #__14

Competitive Swim Camp

Join us for 5 days of stroke clinics and competitive swimming fun. Participants will learn techniques for the 4 competitive strokes including freestyle, backstroke, breaststroke, and butterfly. A mini swim meet will be held on Friday, March 16th for parents and friends to come watch!

Who: Ages 7 - 14; Must have at least Walleye/Level 4 or equivalent swimming ability

When: Monday-Friday, March 12-16

Time: 5:00 - 6:30 PM

Where: Middle School Pool

Fee: \$45 Residents
\$55 Non-Residents

Program # **SC001**

Registration Deadline: Monday, March 5

Lifeguard Training

This course trains individuals to become a professional lifeguard as well as certifying them in first aid and CPR/AED. **Students must attend all classes to obtain a LGT certificate.** Students must be 15 years of age, demonstrate Salmon/Level 5 swimming ability and a mature and dependable character. **Lifeguards must be 16 years of age to work for the City of Shakopee.**

When: Saturdays,
January 21 - February 11

Time: 9:00 AM - 5:00 PM

Where: Shakopee Middle School
Pool/Community Center

Fee: \$190 Resident
\$200 Non-Resident

Program # **LGT 001**

2012 Spring Learn to Swim Schedule

All lessons are held at the Junior High School Pool. Registration deadline is one week prior to the start of the class.

****Due to the temperature of the Junior High Pool, Parent-Child classes will not be offered and Preschool levels will be limited.****

Monday Lessons

April 2—May 21

Fee: **\$61 Residents**
\$71 Non-Residents

Parent-Child & Preschool

Class	Time	Program #
Crayfish	4:45-5:15 PM	211C
Frog	5:20-5:50 PM	212D
Crayfish	5:30-6:00 PM	212C
Otter	5:55-6:25 PM	213E

Progressive

Class	Time	Program #
Bluegill	4:45-5:25 PM	2112
Walleye	4:45-5:25 PM	2114
Sunfish	5:30-6:10 PM	2121
Trout	6:15-6:55 PM	2133
Salmon	6:15-6:55 PM	2135

Tuesday Lessons

April 3-May 22

Fee: **\$61 Residents**
\$71 Non-Residents

Preschool

Class	Time	Program #
Crayfish	4:45-5:15 PM	221C
Otter	4:45-5:15 PM	221E
Crayfish	5:20-5:50 PM	222C
Frog	5:55-6:25 PM	223D

Progressive

Class	Time	Program #
Trout	4:45-5:25 PM	2213
Bluegill	5:30-6:10 PM	2222
Walleye	5:30-6:10 PM	2224
Sunfish	6:15-6:55 PM	2231
Muskie	6:15-6:55 PM	2236

Saturday Lessons

April 14-May 19 (6 lessons)

Fee: **\$46 Residents**
\$56 Non-Residents

Preschool

Class	Time	Program #
Otter	9:30-10:00 AM	241E
Frog	9:30-10:00 AM	241D
Crayfish	10:05-10:35 AM	242C
Frog	10:05-10:35 AM	242D
Crayfish	10:40-11:10 AM	243C
Otter	10:40-11:10 AM	243E
Crayfish	11:15-11:45 AM	244C
Frog	11:15-11:45 AM	244D

Progressive

Class	Time	Program #
Bluegill	9:30-10:10 AM	2412
Salmon	9:30-10:10 AM	2415
Muskie	9:30-10:10 AM	2416
Sunfish	10:15-10:55 AM	2421
Trout	10:15-10:55 AM	2423
Bluegill	11:00-11:40 AM	2432
Walleye	11:00-11:40 AM	2434
Sunfish	11:45-12:25 PM	2441
Adult	11:45-12:15 PM	2447

Water Safety Instructor

This course trains individuals to become a professional Red Cross swim lesson instructor. **Students must attend all classes to obtain a WSI certificate.** Students must be 16 years of age, demonstrate Salmon level swimming ability, and display a mature and dependable character.

When: Saturdays, February 25- March 24

Time: 10:00 AM - 5:00 PM

Where: Shakopee Middle School Pool & Community Center

Fee: \$195 Residents
\$205 Non-Residents

Program # WSI 001

Thursday Lessons

April 5-May 24

Fee: **\$61 Residents**
\$71 Non-Residents

Preschool

Class	Time	Program #
Crayfish	4:45-5:15 PM	231C
Frog	4:45-5:15 PM	231D
Crayfish	5:20-5:50 PM	232C
Otter	5:55-6:25 PM	233E

Progressive

Class	Time	Program #
Trout	4:45-5:25 PM	2313
Sunfish	5:30-6:10 PM	2321
Trout	5:30-6:10 PM	2323
Bluegill	6:15-6:55 PM	2332
Walleye	6:15-6:55 PM	2334

Private/Semi-Private Lessons

Private Swim Lessons offer 30 minutes of one-on-one instruction for swimmers of all ages who desire to improve swimming skills. Semi-privates offer instruction for 2 students of equal swimming ability (may be from separate families). Private & Semi-private lessons consist of 5 - 1/2 hour lessons. You will be contacted the week before the start of lessons to set up a time for the lessons.

Fee: \$95 Resident Private (PRV)
\$105 Non-Resident Private (PRV)
\$150 Resident Semi-Private (SPRV)
\$170 Non-Res. Semi-Private (SPRV)

Please enter letter code as first part of program number

Mondays (4/2-4/30)	Program #__ 21
Tuesdays (4/3-5/1)	Program #__ 22
Thursdays (4/5-5/3)	Program #__ 23
Saturdays (4/14-5/12)	Program #__ 24

Adult Lap Swim

Who: Adults 16 years or older.

When: Mon, Wed, Fri
April 2-June 6
(No Lap Swim 5/26)

Time: 6:15 - 7:15 AM

Where: Shakopee Junior High

Fee: \$2.50 or Free for SCC Members

Open Swim/Lap Swim

When: April 4-May 23
(No Open/Lap Swim 4/6-4/7)

Time: Wednesday 5:00-6:30 PM
Friday 5:30 - 8:00 PM
Saturday 1:00 - 3:00 PM

Where: Shakopee Junior High

Fee: \$2.50 or Free for SCC Members