

The Shakopee Aquatics program utilizes the updated 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.

- It is common for a child to repeat a level before advancing to the next level. Our instructors are committed to teaching your child the necessary skills at each level.
- 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 and Child Levels

| Levels | Prerequisites | Class Descriptions |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tadpole 9 Months - 3 Years | No Prerequisites. Children still training should wear a little swimmer and a plastic pant to class. | The goal in Tadpoles is to provide experiences and activities for children to become acquainted with that 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 1 Year - 3 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 still training, should wear a little swimmer and a plastic pant to class. | 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 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 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 the front and back. This class will focus on helping your child to perform aquatic skills independently. |
| Otter 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. |

Progressive Levels - Please note the starting age for progressive levels is now 6 years old.

| Levels | Prerequisites | Class Descriptions |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sun Fish 6 Years and Up | No Prerequisites | The objective of the Sun Fish 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 Frog or Otter, they should go directly to Blue Gill when they turn 6 years of age. |
| Blue Gill 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 3 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 6 Years and Up | Children should be able to step into chest deep water, move into a front float for 5 seconds, roll to back and float for 5 seconds. Participants should also be able to swim using a combined stroke on their front and back. | Participants will continue 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 may be introduced depending on the skill level of the class. Swimmers will also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position poolside. |
| Walleye 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 15 yards. | 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 6 Years and Up | Participants should be able to swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swimmers should also be comfortable swimming breaststroke 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 A & B 6 Years and Up | Participants should be able to swim 50 yards of front crawl and elementary backstroke. They should also be able to swim 25 yards of breaststroke 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 focus on two different areas. A - Fundamentals of Diving B - Fitness Swimmer |
| Adult 16 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. |

2010 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.

Session I

Monday Private Lessons

February 1 - March 8

(No Lessons February 15)

Fee: \$90 Residents

\$108 Non Residents

Private Swim Lessons offer 30 minutes of one-on-one instruction for swimmers of all ages who desire to improve swimming skills. Private lessons will only be held on Monday evenings. **Private lessons may not be requested outside this time frame.**

| Class | Time | Program # |
|---------|-------------|-----------|
| Private | 5:30-6:00PM | PRV 530 |
| Private | 6:00-6:30PM | PRV 600 |
| Private | 6:30-7:00PM | PRV 630 |
| Private | 7:00-7:30PM | PRV 700 |
| Private | 7:30-8:00PM | PRV 730 |

Tuesday Lessons

January 26—March 16

Fee: \$58 Residents

\$67 Non Residents

Preschool

| Class | Time | Program # |
|----------|--------------|-----------|
| Crayfish | 5:30-6:00 PM | SW 121C |
| Tadpole | 6:05-6:35 PM | SW 122A |
| Turtle | 6:05-6:35 PM | SW 122B |
| Frog | 6:40-7:10 PM | SW 123D |
| Otter | 7:10-7:40 PM | SW 124E |

Progressive

| Class | Time | Program # |
|-----------|--------------|-----------|
| Sunfish | 5:45-6:15 PM | SW 1211 |
| Blue Gill | 5:45-6:25 PM | SW 1212 |
| Walleye | 5:45-6:25 PM | SW 1214 |
| Blue Gill | 6:30-7:10 PM | SW 1222 |
| Trout | 6:30-7:10 PM | SW 1223 |
| Salmon | 6:30-7:10 PM | SW 1225 |
| Blue Gill | 7:15-7:55 PM | SW 1232 |
| Trout | 7:15-7:55 PM | SW 1233 |
| Muskie A | 7:15-7:55 PM | SW 1236A |
| Adult | 7:15-7:55 PM | SW 1237 |

Wednesday Lessons

January 27—March 17

Fee: \$58 Residents

\$67 Non Residents

Preschool

| Class | Time | Program # |
|----------|--------------|-----------|
| Turtle | 4:45-5:15 PM | SW 131B |
| Crayfish | 5:20-5:50 PM | SW 132C |
| Frog | 5:55-6:25 PM | SW 132D |

Progressive

| Class | Time | Program # |
|-----------|--------------|-----------|
| Trout | 4:45-5:25 PM | SW 1313 |
| Walleye | 4:45-5:25 PM | SW 1314 |
| Salmon | 4:45-5:25 PM | SW 1315 |
| Sun Fish | 5:30-6:10 PM | SW 1321 |
| Blue Gill | 5:30-6:10 PM | SW 1322 |
| Trout | 5:30-6:10 PM | SW 1323 |
| Walleye | 5:30-6:10 PM | SW 1324 |

Thursday Lessons

January 28—March 18

Fee: \$58 Residents

\$67 Non Residents

Preschool

| Class | Time | Program # |
|----------|--------------|-----------|
| Crayfish | 5:30-6:00 PM | SW 141C |
| Tadpole | 6:05-6:35 PM | SW 142A |
| Turtle | 6:05-6:35 PM | SW 142B |
| Frog | 6:40-7:10 PM | SW 143D |
| Otter | 7:10-7:40 PM | SW 144E |

Progressive

| Class | Time | Program # |
|-----------|--------------|-----------|
| Sunfish | 5:45-6:15 PM | SW 1412 |
| Blue Gill | 5:45-6:25 PM | SW 1413 |
| Walleye | 5:45-6:25 PM | SW 1414 |
| Blue Gill | 6:30-7:10 PM | SW 1422 |
| Trout | 6:30-7:10 PM | SW 1423 |
| Salmon | 6:30-7:10 PM | SW 1425 |
| Blue Gill | 7:15-7:55 PM | SW 1432 |
| Trout | 7:15-7:55 PM | SW 1433 |
| Muskie A | 7:15-7:55 PM | SW 1436A |

Saturday Lessons

January 30—March 20

Fee: \$58 Residents

\$67 Non Residents

Preschool

| Class | Time | Program # |
|----------|----------------|-----------|
| Crayfish | 9:30-10:10 AM | SW 151C |
| Frog | 10:05-10:35 AM | SW 152D |
| Crayfish | 10:40-11:10 AM | SW 153C |
| Tadpole | 11:15-11:45 AM | SW 154A |
| Turtle | 11:15-11:45 AM | SW 154B |
| Otter | 11:50-12:20 AM | SW 155E |

Progressive

| Class | Time | Program # |
|-----------|----------------|-----------|
| Blue Gill | 9:30-10:10 AM | SW 1511 |
| Trout | 9:30-10:10 AM | SW 1513 |
| Walleye | 9:30-10:10 AM | SW 1514 |
| Sun Fish | 10:15-10:45 AM | SW 1521 |
| Blue Gill | 10:15-10:55 AM | SW 1522 |
| Walleye | 10:15-10:55 AM | SW 1524 |
| Blue Gill | 11:00-11:40 AM | SW 1532 |
| Trout | 11:00-11:40 AM | SW 1533 |
| Salmon | 11:00-11:40 AM | SW 1535 |
| Muskie A | 11:00-11:40 AM | SW 1536A |
| Sun Fish | 11:45-12:25 PM | SW 1541 |
| Blue Gill | 11:45-12:25 PM | SW 1542 |
| Walleye | 11:45-12:25 PM | SW 1544 |

Lifeguard Training

This course trains individuals to become a professional lifeguard. **Students must attend all classes to obtain a LGT certificate.** Students must be 15 years of age, demonstrate Salmon level swimming ability and a mature and dependable character. **Lifeguards must be 16 years of age to work for the City of Shakopee.**

Session 1

When: Saturdays,
January 30 - February 20

Time: 9:00AM - 3:00PM

Where: Shakopee Middle School

Fee: \$175 Resident
\$195 Non Resident

Program # LGT 001

Session 2

When: Saturdays, May 1 - May 22

Time: 9:00AM - 3:00PM

Where: Shakopee Jr. High School

Fee: \$175 Res
\$195 Non Res

Program # LGT 002

Winter Open Swim

When: January 29—March 22
(No Swim Feb 15)

Time: Monday & Friday 5:30 - 8 PM
Saturday 1 - 3PM

Where: Shakopee Middle School

Fee: 2.50 or Free for SCC Members

Winter Adult Lap Swim

Who: Adults 16 years or older.

When: Monday, Wednesday & Friday
January 4 - March 24

No Swim January 15 - 18 & February 15

Time: 6:15 - 7:15AM

Where: Shakopee Jr. High School

Fee: 2.50 or Free for SCC Members

2009 Spring Learn to Swim Schedule

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

Because of the temperature of the Jr. High Pool, Tadpole, Turtle & Crayfish levels will not be offered for the Spring Level

Monday Private Lessons

April 12—May 10

Fee: **\$90 Residents**
\$108 Non Residents

Private Swim Lessons offer 30 minutes of one-on-one instruction for swimmers of all ages who desire to improve swimming skills. Private lessons will only be held on Monday evenings. **Private lessons may not be requested outside this time frame.**

| Class | Time | Program # |
|---------|-------------|-----------|
| Private | 5:30-6:00PM | PRV 2530 |
| Private | 6:00-6:30PM | PRV 2600 |
| Private | 6:30-7:00PM | PRV 2630 |
| Private | 7:00-7:30PM | PRV 2700 |
| Private | 7:30-8:00PM | PRV 2730 |

Tuesday Lessons

April 6 - May 25

Fee: **\$58 Residents**
\$67 Non Residents

Preschool

| Class | Time | Program # |
|-------|--------------|-----------|
| Frog | 5:30-6:00 PM | SW 221D |
| Otter | 6:05-6:35 PM | SW 222E |
| Frog | 6:40-7:10 PM | SW 223D |
| Otter | 7:10-7:40 PM | SW 224E |

Progressive

| Class | Time | Program # |
|-----------|--------------|-----------|
| Sunfish | 5:45-6:15 PM | SW 2211 |
| Blue Gill | 5:45-6:25 PM | SW 2212 |
| Walleye | 5:45-6:25 PM | SW 2214 |
| Blue Gill | 6:30-7:10 PM | SW 2222 |
| Trout | 6:30-7:10 PM | SW 2223 |
| Salmon | 6:30-7:10 PM | SW 2225 |
| Blue Gill | 7:15-7:55 PM | SW 2232 |
| Trout | 7:15-7:55 PM | SW 2233 |
| Muskie B7 | 7:15-7:55 PM | SW 2236B |
| Adult | 7:15-7:55 PM | SW 2237 |

Spring Adult Lap Swim

Who: Adults 16 years or older.
When: Monday, Wednesday & Friday
April 7 - May 26
Time: 6:15 - 7:15AM
Where: Shakopee Jr. High School
Fee: 2.50 or Free for SCC Members

Wednesday Lessons

April 7 - May 26

Fee: **\$58 Residents**
\$67 Non Residents

Preschool

| Class | Time | Program # |
|-------|--------------|-----------|
| Frog | 5:30-6:00 PM | SW 231D |
| Otter | 6:40-7:10 PM | SW 233E |
| Frog | 7:10-7:40 PM | SW 234D |

Progressive

| Class | Time | Program # |
|-----------|--------------|-----------|
| Trout | 5:45-6:25 PM | SW 2313 |
| Walleye | 5:45-6:25 PM | SW 2314 |
| Salmon | 5:45-6:25 PM | SW 2315 |
| Sun Fish | 6:05-6:35 PM | SW 2321 |
| Blue Gill | 6:30-7:10 PM | SW 2322 |
| Trout | 6:30-7:10 PM | SW 2323 |
| Walleye | 6:30-7:10 PM | SW 2324 |
| Sun Fish | 7:15-7:55 PM | SW 2331 |
| Trout | 7:15-7:55 PM | SW 2333 |
| Salmon | 7:15-7:55 PM | SW 2335 |

Thursday Lessons

April 8—May 27

Fee: **\$58 Residents**
\$67 Non Residents

Preschool

| Class | Time | Program # |
|-------|--------------|-----------|
| Frog | 6:05-6:35 PM | SW 242D |
| Frog | 6:40-7:10 PM | SW 243D |
| Otter | 7:10-7:40 PM | SW 244E |

Progressive

| Class | Time | Program # |
|-----------|--------------|-----------|
| Sunfish | 5:30-6:00 PM | SW 2412 |
| Blue Gill | 5:45-6:25 PM | SW 2413 |
| Walleye | 5:45-6:25 PM | SW 2414 |
| Blue Gill | 6:30-7:10 PM | SW 2422 |
| Trout | 6:30-7:10 PM | SW 2423 |
| Salmon | 6:30-7:10 PM | SW 2425 |
| Blue Gill | 7:15-7:55 PM | SW 2432 |
| Trout | 7:15-7:55 PM | SW 2433 |
| Muskie B7 | 7:15-7:55 PM | SW 2436B |

Spring Open Swim

When: April 9 - May 22
Time: Monday & Friday 5:30 - 8 PM
Saturday 1 - 3PM
Where: Shakopee Middle School
Fee: 2.50 or Free for SCC Members

Saturday Lessons

April 10 - May 22

Fee: **\$52 Residents**
\$60 Non Residents

Preschool

| Class | Time | Program # |
|-------|----------------|-----------|
| Frog | 10:05-10:35 AM | SW 252D |
| Otter | 10:40-11:10 AM | SW 253E |
| Frog | 11:15-11:45 AM | SW 254D |
| Otter | 11:50-12:20 AM | SW 255E |

Progressive

| Class | Time | Program# |
|------------|----------------|----------|
| Blue Gill | 9:30-10:10 AM | SW 2511 |
| Trout | 9:30-10:10 AM | SW 2513 |
| Walleye | 9:30-10:10 AM | SW 2514 |
| Sun Fish | 10:15-10:45 AM | SW 2521 |
| Blue Gill | 10:15-10:55 AM | SW 2522 |
| Walleye | 10:15-10:55 AM | SW 2524 |
| Blue Gill | 11:00-11:40 AM | SW 2532 |
| Trout | 11:00-11:40 AM | SW 2533 |
| Salmon | 11:00-11:40 AM | SW 2535 |
| Muskie B11 | 11:00-11:40 AM | SW 2536B |
| Sun Fish | 11:45-12:25 PM | SW 2541 |
| Blue Gill | 11:45-12:25 PM | SW 2542 |
| Walleye | 11:45-12:25 PM | SW 2544 |

Attention Swimmers:

Check out our Competitive Swim Camp on page 21.

Water Safety Instructor

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

When: Saturdays, February 27 - March 20

Time: 10:00AM - 5:00 PM
(10-2 Middle School Pool
2-5 Community Center)

Where: Shakopee Middle School

Fee: \$180 Residents
\$200 Non Residents

Program # WSI 001

***Participant must provide own transportation between locations.**