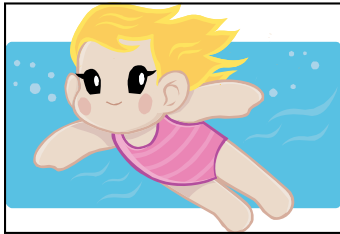


# DELANO



## COMMUNITY EDUCATION



## *Swimming Brochure*

*For current Open Swim and Lap Swim schedule,  
please see [www.delano.k12.mn.us](http://www.delano.k12.mn.us); click on  
Tiger Activity Center*

### **Open Swim—See TAC website for current schedule**

Fee: \$3 per person or \$10 per family maximum (only immediate family members qualify for family rate)  
Free to Tiger Activity Center complete members

### **Early Bird Lap Swim**

Monday through Friday, June 15 - Sept. 2 6:00 - 7:00 a.m.

### **Lap Swim Cost**

- Drop-in's: \$3.00 per visit
- Non-members: May purchase a punch card at the TAC front desk. \$20 for 10 visits.
- TAC Complete Members: Lap swim is included in your TAC membership fee.



### ***Important Punch Card Information***

See the details with the Open Swim and Lap Swim schedules. Family members may share a punch card (one punch per person per lap swim or open swim). Community Education is *not* responsible for lost or stolen punch cards.

## SUMMER 2009

**Community Education Information / Registration: 763-972-6210**

**On-line registration at [www.delanocommunityed.com](http://www.delanocommunityed.com)**

# AQUATICS

## American Red Cross Swimming Lessons Monday -Thursday for two weeks

*Lesson schedule is given in the table on p. 5.*

**Swimming Lesson Fees:**  
**Aqua-Tots and Tadpoles for 3's: \$33**  
**Preschool and Levels 1 through 6: \$43**



*The pool temperature is 83 degrees. Children in Aqua-Tots and Tadpoles may wish to wear shirts over their swimsuits.*

**Attention Parents of Diaper Age Children:**  
*Plastic pants with tight fitting elastic around the legs and waist must be worn in addition to a swim diaper in order to take swimming lessons.*

## *New American Red Cross Swimming Lesson Curriculum*

**Delano Community Education** is proud to offer the *newly updated* American Red Cross Swimming and Water Safety program, which combines the best in swim instruction with an even stronger emphasis on drowning prevention and water safety - ideal for anyone who wants to enjoy the water safely, regardless of age or skill level.

The new curriculum will be used starting in June 2009. The major changes include:

- The addition of three levels of preschool classes for children who are ages 4 to 5
- An expectation that children be age 6 to start the Learn to Swim program (Levels 1 through 6)

Please see the tables below to determine at which level your child should be placed as we transition to the new curriculum.

<i>My child has taken lessons already. With the new curriculum, what level should s/he be in?</i>		
<b>Child has passed level:</b>	<b>Is age 4 or 5</b>	<b>Is age 6 or older</b>
“Old” Level 1	Preschool Level B	Learn to Swim Level 2
“Old” Level 2	Preschool Level C	Learn to Swim Level 3
“Old” Level 3 or higher	The next Learn to Swim level	The next Learn to Swim level

***Convenient Registration Drop-off at the Tiger Activity Center***

For your convenience, you may now drop your Community Education registrations off at the Tiger Activity Center desk. All registrations will be processed within one business day of receipt.

Summer weekday hours for the TAC desk:  
6:00 a.m. until 1:00 p.m., Mon.- Friday  
4:30 p.m. until 10:00 p.m., Mon.- Thurs.

<b><i>How do the Preschool classes work with the Learn to Swim levels?</i></b>		
<b>Child has passed Preschool level:</b>	<b>Is age 4 or 5</b>	<b>Is age 6 or older</b>
Preschool Level A	Preschool Level B	Learn to Swim Level 2 OR Preschool level B
Preschool Level B	Preschool Level C	Learn to Swim Level 2 OR Preschool level C
Preschool Level C	Learn to Swim Level 3	Learn to Swim Level 3

***Pool Shut Downs***

We occasionally have to shut the pool down due to circumstances that are beyond our control. This is often dictated by MN Department of Health regulations. When we have to cancel swim lessons, we make every attempt to contact you. If only one class is cancelled during a session, there is no make-up lesson scheduled. In the rare situation where a second class is cancelled, we make every effort to offer a make-up lesson.

# AQUATICS

## Parent and Child Aquatics 18 months - 3 years

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

### **Attention Parents of Diaper Age Children:**

*Plastic pants with tight fitting elastic around the legs and waist must be worn in addition to a swim diaper in order to take swimming lessons.*

*A parent must be in the water with the child in these classes. Classes are 30 minutes long.*

## 9008 - Aqua-Tots - 18 months - age 3

The class provides experiences and activities for children to learn how to enter and exit the water safely, explore submerging to the mouth, nose and eyes and fully submerging, explore buoyancy on the front and back position, experience wearing a life jacket, plus water safety topics.

## 9007 - Tadpoles - age 3 - 4

The class builds on the skills learned in Aqua-Tots. Children will learn more ways to enter / exit water safely, explore submerging in a rhythmic pattern, glide on the front and back with assistance, perform combined stroke on front and back with assistance, experience wearing a life jacket, plus water safety topics.

## Preschool Aquatics Age 4 - 5 years old

Throughout the three levels, preschool-age children (ages 4-5) are taught basic aquatic safety, survival and swimming skills, all the while increasing their comfort level in and around the water. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

### 9010A - Preschool Level A

This class helps participants feel comfortable in the water. Skills will include enter / exit the water, blow bubbles, submerge face, open eyes under water and retrieve submerged objects, front and back glides, back float, roll over, tread water, leg and arm actions on front and back, and water safety topics.

### 9010B - Preschool Level B

This class is for children who have passed Preschool Level A. Children will learn fundamental skills, which will include enter water by stepping in, bobbing, open eyes under water and retrieve submerged objects, front and back floats and glides, roll over, tread water, combined arm and leg actions on front and back, finning, and water safety topics.

### 9010C - Preschool Level C

This class is for children who have passed both Preschool Levels A and B. Children will build on skills learned in Level B through additional practice in deeper water. They will learn to enter water by jumping in, fully submerge and hold breath, bobbing, front, jellyfish and tuck floats, back float and glide, change direction of travel while swimming, tread water, combined arm and leg actions on front and back, finning arm action on back, and water safety topics.



## Answers to Frequently Asked Questions!

**Pool Location:** Delano Middle School, 700 Elm Avenue, in Delano. Enter Door #5.

**Schedule:** Sessions are held every day, Monday through Thursday, for two consecutive weeks.

**Refunds:** *No* refunds or "credits" towards a future session will be given after the "deadline for refunds / changes" listed for each session in the table on page 5. *A \$5.00 per participant per class processing fee will be withheld from all refunds given before the refund deadline.*

**Levels:** Please refer to the certificate from your child's last class or see the "Guide to Selecting Swim Levels" on pages 3-4 for help determining which level your child is in. *If your child is younger than 6 years old, please review carefully the information regarding the new preschool curriculum found on page 3.*

### **Age requirements:**

Aqua-Tots: 18 months through age 3  
Tadpoles: Ages 3 - 4  
Preschool classes: Ages 4 - 5  
Learn to Swim Levels 1 - 6: Age 6 or older or passed Preschool Level C

### **Lesson Length:**

Parent / Child classes: 30 minutes  
Preschool classes: 40 minutes  
Levels 1 - 5: 40 minutes  
Level 6: one hour

# AQUATICS



## American Red Cross Learn to Swim Program Children age 6 and older All lessons will be held at the Delano Pool At Delano Middle School, 700 Elm Avenue, Delano Enter Door #5

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers about 6+ years old and adults to develop their water safety, survival and swimming skills.

### **9001 - Level 1: Introduction to Water Skills**

Helps participants feel comfortable in the water. Students will learn to enter and exit water independently, fully submerge face, exhale underwater, bobbing, opening eyes underwater and picking up submerged object, front and back glides and floats, roll over, tread water, and water safety topics.

***Participants must be at least 6 years old***

### **9002 - Level 2: Fundamental Aquatic Skills**

Level 2 is designed to give students success with fundamental skills. Students will learn to fully submerge and hold breath, bobbing, retrieve a submerged object in shallow water; front, jellyfish and tuck floats; front and back glides and floats; change directions, roll over, tread water, combined arm and leg actions on front and back, finning, and water safety topics. ***Participants must be at least 6 years old.***

### **9003 - Level 3: Stroke Development**

Level 3 will build on the Level 2 skills by providing additional guided practice in deeper water. Students will learn to jump into deep water, sitting or kneeling dives, bobbing, rotary breathing, survival float, back float, flutter and dolphin kicks on front, scissors kick, front crawl and elementary backstroke, tread water, and water safety topics.

### **9004 - Level 4: Stroke Improvement**

Level 4 will develop confidence in the skills learned and improve other aquatic skills. Students will learn to dive from compact and stride positions, swim underwater, feet-first surface dive, survival swimming, front crawl and backstroke open turns, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back, tread water, and water safety topics.

### **9005 Level 5: Stroke Refinement**

Level 5 will provide further coordination and refinement of strokes. It will include shallow angle dive, tuck and pike surface dives, submerge completely, front flip turn and backstroke flip turn, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, sculling, and water safety topics.

### **9006 - Level 6: Swimming and Skill Proficiency**

Level 6 refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing students for more advanced courses, such as the Water Safety Instructor course, or other aquatic activities such as competitive swimming. Each option also includes applicable water safety topics. We offer the Personal Water Safety and Fitness Swimmer options.

### ***Refund Policy***

*No refunds or “credits” towards a future session will be given after the “deadline for refunds / changes” listed for each session in the table on page 5. Please check your schedule carefully before you register for swimming lessons. A \$5 per participant per class processing fee will be withheld from all refunds given before the refund deadline.*

**Parent / Child Classes:** Aqua-Tots (18 months - age 3) and Tadpoles (ages 3 - 4)      **Preschool Classes:** Levels A, B, C (ages 4 - 5)

**Learn to Swim Classes:** Levels 1 - 6 (Age 6 & older or passed Preschool Level C)

	Session 2	Session 3	Session 4	Session 5
<b>Session Dates</b>	Monday - Thursday, June 29 - July 9	Monday - Thursday, July 13 - July 23	Monday - Thursday, July 27 - August 6	Monday - Thursday, August 10 - August 20
<b>Deadline for refunds / changes: (See Refund Policy on Page 38)</b>	Thursday, June 25	Thursday, July 9	Thursday, July 23	Thursday, August 6
<b>10:00 a.m.</b>	A, B, C, 3 and 4	A, B, C, 3 and 4	A, B, C, 3 and 4	
<b>10:45 a.m.</b>	A, B, C, 3 and 5	A, B, C, 3 and 5	A, B, C, 3 and 5	
<b>11:30 a.m.</b>	A, B, 2, 3 and 4	A, B, 2, 3 and 4	A, B, 2, 3 and 4	
<b>12:15 p.m.</b>	Tadpoles (30 minutes) 1, 2, 3 and 5	Tadpoles (30 minutes) 1, 2, 3 and 5	Tadpoles (30 minutes) 1, 2, 3 and 5	
<b>1:00 p.m.</b>	1, 2, 3, 4 and 5		1, 2, 3, 4 and 5	
<b>3:15 p.m.</b>	Level 6: Personal Water Safety (one hour)		Level 6: Fitness Swimmer (one hour)	
<b>3:30 p.m.</b>		A, B, C, 3 and 4		A, B, C, 3 and 4
<b>4:15 p.m.</b>	A, B, C, 3 and 4	A, B, C, 3 and 5	A, B, C, 3 and 4	A, B, C, 3 and 5
<b>5:00 p.m.</b>	1, 2, 3, 4 and 5	1, 2, 3, 4 and 5	1, 2, 3, 4 and 5	1, 2, 3, 4 and 5
<b>5:45 p.m.</b>	Aqua-Tots & Tadpoles	Aqua-Tots & Tadpoles	Aqua-Tots & Tadpoles	Aqua-Tots & Tadpoles
<b>6:15 p.m.</b>	A, B, C, 3 and 4	A, B, C, 3 and 4	A, B, C, 3 and 4	A, B, C, 3 and 4
<b>7:00 p.m.</b>	B, 1, 2, 3 and 5	B, C, 2, 3 (40 minutes) Level 6 - Personal Water Safety (one hour)	B, C, 2, 3 and 5	B, C, 2, 3 and 5

# Registration Questions: Call 763-972-6210

**Delano Community Education Summer Registration Form**  
**140 Elm Avenue, Delano, MN 55328 Phone: 763-972-6210 Fax: 763-972-6878**  
**On-Line: [www.delanocommunityed.com](http://www.delanocommunityed.com)**

Participant's Name \_\_\_\_\_ Grade Entering \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_ School District of Residence \_\_\_\_\_

Phone Number (Day) \_(\_\_\_\_\_) \_\_\_\_\_ Phone Number (Evening) \_(\_\_\_\_\_) \_\_\_\_\_

E-mail Address \_\_\_\_\_

For Discovery Zone funding information: Student is a resident of the City /Township of \_\_\_\_\_

Child's Full Name	Class Title	Swim Level	Session	Time	Fee
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Participant's Name/Grade Entering	Class Title	Class ID	Session	Time	Fee
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Circle t-shirt size if requested for class/camp: S M L XL XXL TOTAL: \_\_\_\_\_

For Youth Field Trips, please indicate in the "time" column if the child is attending alone or will be accompanied by a parent, older sibling, or a parent of a friend. Please note: Parents, siblings, etc. must register separately for Youth Field Trips.

Special needs due to a disability \_\_\_\_\_

Parent's signature if registrant is a minor: \_\_\_\_\_

Phone numbers where parents can be reached during the day:

Mother's name \_\_\_\_\_ Daytime phone number: \_(\_\_\_\_\_) \_\_\_\_\_

Father's name \_\_\_\_\_ Daytime phone number: \_(\_\_\_\_\_) \_\_\_\_\_

Other class or program suggestion \_\_\_\_\_

Ucare ID # (Ucare members only) \_\_\_\_\_

Charge my \_\_\_\_\_ MasterCard \_\_\_\_\_ VISA \_\_\_\_\_ Discover

Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature \_\_\_\_\_