

OLDER YOUTH: Intro to Water Skills

Class length: 40 minutes

This class is designed to teach beginning swimming skills to youth age 10 and older. This class will be taught in the lap pool.

See Midtown group swim class schedule on page 10-11.

ADULT GROUP LESSONS

Class length: 30 minutes

Learn how to swim in a positive, small-group learning environment. The focus of this class will be for participants that are beginners to a water/pool setting to those that are just ready to begin lap swimming. Comfort building and skill work will progress at your own pace. No pressure to move on to skills that you are not yet ready to try. This class is designed for those ages 13 and older.

Prerequisites:

- A willingness to learn and try new skills at your own pace.
- Appropriate swim wear.

DOWNTOWN ONLY

ADULT BEGINNER – INTRODUCTION TO WATER SKILLS

Will work on comfort level in the water and basic swimming fundamentals.

ADULT ADVANCED – FUNDAMENTAL AQUATIC SKILLS

Will work on fundamental water skills and work toward stroke development progress at your own pace.

SPRING SESSION:

Spring 2010 (8 weeks): April 5 - June 7

No lessons on Memorial Weekend

Saturday (5/29) or Monday (5/31).

Lessons will continue the following week, 6/5 & 6/7 respectively.

Registration begins at 8:00 am:

Wednesday, March 24 for Spring 2010

COST:

8-weeks	
Members	\$46
Non-Members	\$72

Please see page 43-44 for information on registration and policies.

CLASS CODES: Simplify your registration process.

Choose your class. Find your code. Call to Register.

DOWNTOWN

SPRING SESSION: April 5 - June 5

REGISTRATION OPENS:

Wednesday, March 24th at 8:00 am

No Lessons on May 29, last class on June 5.

Downtown: SPRING SESSION

SATURDAY

TIME	CLASS	CODE
10:00 - 10:30 am	Adult Advanced	D-AA-61
10:35 - 11:05 am	Adult Beginner	D-AD-61
11:10 - 11:40 am	Level 1	D-L1-61
11:45 - 12:15 pm	Level 2	D-L2-61
12:20 - 1:00 pm	Level 3/4	D-L3-61

discover **downtown** YOU'LL LOVE THE DIFFERENCE!

Our Downtown pool offers a quiet and relaxed atmosphere.

Downtown Ammenities:

- Lap Pool
- Kiddie Pool (87°-88° F)
- Co-Ed Whirlpool and Sauna *located on the pool deck*
- Women's Only Whirlpool, Sauna and Steamroom
- Family Changing Room
- Conveniently located on Nicollet Mall
- Free street parking available on weekends
- Approximately 6 blocks from Lightrail
- Lot Parking: \$1 (for up to 2 hours)