


New Hope Parks & Recreation Swimming Lessons



<p>SESSION 1: Monday-Friday, June 13-24</p> <p>Little Ones Course: 6760 12-12:30 p.m.</p> <p>Levels 1, 2 Course: 6702 9-9:45 a.m. Course: 6706 10-10:45 a.m. Course: 6710 11-11:45 a.m.</p> <p>Level 3 Course: 6714 9-9:45 a.m. Course: 6718 10-10:45 a.m. Course: 6722 11-11:45 a.m.</p> <p>Level 4 Course: 6726 9-9:45 a.m. Course: 6730 10-10:45 a.m. Course: 6734 11-11:45 a.m.</p> <p>Level 5 Course: 6738 9-9:45 a.m. Course: 6742 10-10:45 a.m. Course: 6746 11-11:45 a.m.</p> <p>GuardStart: Lifeguarding Tomorrow Course: 6750 12-12:45 p.m.</p> <p>Evening Lessons: Monday-Friday, June 13-24 Levels 1, 2, 3 Course: 6754 5:30-6:15 p.m. Course: 6755 6:30-7:15 p.m.</p>	<p>SESSION 2: Monday-Friday, June 27-July 8</p> <p>Little Ones Course: 6761 12-12:30 p.m.</p> <p>Levels 1, 2 Course: 6703 9-9:45 a.m. Course: 6707 10-10:45 a.m. Course: 6711 11-11:45 a.m.</p> <p>Level 3 Course: 6715 9-9:45 a.m. Course: 6719 10-10:45 a.m. Course: 6723 11-11:45 a.m.</p> <p>Level 4 Course: 6727 9-9:45 a.m. Course: 6731 10-10:45 a.m. Course: 6735 11-11:45 a.m.</p> <p>Level 5 Course: 6739 9-9:45 a.m. Course: 6743 10-10:45 a.m. Course: 6747 11-11:45 a.m.</p> <p>Level 6-Fitness Swimmer Course: 6752 12-12:45 p.m.</p> <p>Evening Lessons: Monday-Friday, June 27-July 8 (no class July 4--evening only) Levels 1, 2, 3 Course: 6756 5:30-6:20 p.m. Course: 6757 6:30-7:20 p.m.</p>	<p>SESSION 3: Monday-Friday, July 11-22</p> <p>Little Ones Course: 6762 12-12:30 p.m.</p> <p>Levels 1, 2 Course: 6704 9-9:45 a.m. Course: 6708 10-10:45 a.m. Course: 6712 11-11:45 a.m.</p> <p>Level 3 Course: 6716 9-9:45 a.m. Course: 6720 10-10:45 a.m. Course: 6724 11-11:45 a.m.</p> <p>Level 4 Course: 6728 9-9:45 a.m. Course: 6732 10-10:45 a.m. Course: 6736 11-11:45 a.m.</p> <p>Level 5 Course: 6740 9-9:45 a.m. Course: 6744 10-10:45 a.m. Course: 6748 11-11:45 a.m.</p> <p>GuardStart: Lifeguarding Tomorrow Course: 6751 12-12:45 p.m.</p> 	<p>SESSION 4: Monday-Friday, July 25-August 5</p> <p>Little Ones Course: 6763 12-12:30 p.m.</p> <p>Levels 1, 2 Course: 6709 10-10:45 a.m. Course: 6713 11-11:45 a.m.</p> <p>Level 3 Course: 6721 10-10:45 a.m. Course: 6725 11-11:45 a.m.</p> <p>Level 4 Course: 6733 10-10:45 a.m. Course: 6737 11-11:45 a.m.</p> <p>Level 5 Course: 6745 10-10:45 a.m. Course: 6749 11-11:45 a.m.</p> <p>Level 6-Fitness Swimmer Course: 6753 12-12:45 p.m.</p> <p>Evening Lessons: Monday-Friday, July 25-August 5 Levels 1, 2, 3 Course: 6758 5:30-6:15 p.m. Course: 6759 6:30-7:15 p.m.</p>
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FEE: \$49 New Hope residents
\$56 Nonresidents

REGISTER WITH: New Hope Parks & Recreation
4401 Xylon Avenue North
New Hope, MN 55428

Refunds, program credits and transfers are allowed up to one week prior to the start of the program. In the event of illness or injury, refunds will be given when accompanied by a doctor's written verification. All refunds are subject to a \$5 service fee. Confirmations are not sent. Lessons are held rain or shine. Payment by check authorizes the city to use information to make a one-time electronic fund transfer. Phone registrations accepted with a major credit card. Questions? Call 763-531-5151 Online registration! Go to www.ci.new-hope.mn.us and click on Rec Express. You will need a Password and Login ID number to register online.

www.facebook.com/newhoperecreation

2011 Swimming Lessons
New Hope Parks & Recreation

Participant Name _____ Phone (H) _____ (W) _____

Address _____ City _____ Zip _____

Birthdate _____ Age _____ Sex (M or F) _____ Parent/Guardian _____

Session/Level _____ Course Number _____ Dates _____ Time _____ Amount Enclosed \$ _____

Does participant have a special need? _____ Email _____

I, the undersigned parent or guardian, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.

Parent/Guardian Signature _____ Date _____

Red Cross Learn to Swim Program

New Hope Outdoor Swimming Pool, 4301 Xylon Avenue North



CLASS DESCRIPTIONS

Little Ones - This class is specially designed for children ages 3-4. Children must be potty trained to participate in Little Ones. Students will learn basic water skills, such as blowing bubbles, submerging their faces, paddling and floating, and become familiar with safe water practices.

Level 1 - Introduction to Water Skills: Must be 5 years or older by the first day of class. Four year olds who have passed Little Ones may register for Level 1 with Instructor approval. Students will learn basic aquatic skills including entering the water independently using ladder, steps or side, gliding on front, and rolling to a back float. Students will learn to be independent in the water by learning front and back float, glides, rolling front to back, and combined arm and leg action.

Level 2 - Fundamental Aquatic Skills: Passed Level 1 or equivalent. Students will build on the fundamental skills for swimming, including front float, back float and recovering to a vertical position. Students learn swimming using combined arm and leg actions on front and back for five body lengths, rolling to back, and floating for 15 seconds. Students are also introduced to the elementary backstroke and treading water.

Level 3 - Stroke Development: Passed Level 2 or equivalent. The objective is to swim the front crawl, back crawl, and elementary backstroke for 15 yards. Students will maintain position by treading water. The sidestroke kick and dolphin kick will be introduced.

Level 4 - Stroke Improvement: Passed Level 3 or equivalent. The objective is to improve skills by swimming the front crawl and elementary backstroke for 25 yards, and the breaststroke and back crawl for 15 yards. Students will work on open turns on the front and back and be introduced to the breaststroke and the combined sidestroke and butterfly.

Level 5 - Stroke Refinement: Passed Level 4 or equivalent. Students will continue to work on stroke refinement and endurance. Students will perform a shallow-angle dive into deep water, swim the front crawl and elementary backstroke for 50 yards, and swim the breaststroke and back crawl for 25 yards. Students will continue to build on the butterfly and sidestroke.

Level 6 - Fitness Swimmer: Passed Level 5 or equivalent. Milestones in this course will include swimming 500 yards continuously using any three strokes of choice, swimming at least 50 yards of each stroke, demonstrating turns, and etiquette in fitness swimming. Students will demonstrate various training techniques, as well as the principles of setting up a fitness program. Students will perform the 12-minute swim test.

GuardStart - Lifeguarding Tomorrow: For ages 12-15 who have passed Level 4 or equivalent. Students will improve their stroke mechanics, endurance and fitness level for the skills necessary to become a lifeguard, learn how to supervise others around the water, respond to rescue situations and provide basic-level first aid, and learn about leadership characteristics and skills necessary to become a lifeguard by shadowing a lifeguard.

Lessons are held rain or shine!

