

# New Hope Parks & Recreation Swimming Lessons



## SESSION 1:

**Monday-Friday, June 14-25**

*Little Ones*

Course: 5884 12-12:30 p.m.

*Levels 1, 2, 3*

Course: 5844 9-9:45 a.m.

Course: 5848 10-10:45 a.m.

Course: 5852 11-11:45 a.m.

*Level 4*

Course: 5856 9-9:45 a.m.

Course: 5860 10-10:45 a.m.

Course: 5864 11-11:45 a.m.

*Level 5*

Course: 5868 9-9:45 a.m.

Course: 5872 10-10:45 a.m.

Course: 5876 11-11:45 a.m.

*GuardStart: Lifeguarding Tomorrow*

Course: 5905 12-12:45 p.m.

## SESSION 2:

**Monday-Friday, June 28-July 9**

*Little Ones*

Course: 5885 12-12:30 p.m.

*Levels 1, 2, 3*

Course: 5845 9-9:45 a.m.

Course: 5849 10-10:45 a.m.

Course: 5853 11-11:45 a.m.

*Level 4*

Course: 5857 9-9:45 a.m.

Course: 5861 10-10:45 a.m.

Course: 5865 11-11:45 a.m.

*Level 5*

Course: 5869 9-9:45 a.m.

Course: 5873 10-10:45 a.m.

Course: 5877 11-11:45 a.m.

*Level 6-Fitness Swimmer*

Course: 5881 12-12:45 p.m.

## SESSION 3:

**Monday-Friday, July 12-23**

*Little Ones*

Course: 5886 12-12:30 p.m.

*Levels 1, 2, 3*

Course: 5846 9-9:45 a.m.

Course: 5850 10-10:45 a.m.

Course: 5854 11-11:45 a.m.

*Level 4*

Course: 5858 9-9:45 a.m.

Course: 5862 10-10:45 a.m.

Course: 5866 11-11:45 a.m.

*Level 5*

Course: 5870 9-9:45 a.m.

Course: 5874 10-10:45 a.m.

Course: 5878 11-11:45 a.m.

*GuardStart: Lifeguarding Tomorrow*

Course: 5906 12-12:45 p.m.

## SESSION 4:

**Monday-Friday, July 26-August 6**

*Little Ones*

Course: 5887 12-12:30 p.m.

*Levels 1, 2, 3*

Course: 5847 9-9:45 a.m.

Course: 5851 10-10:45 a.m.

Course: 5855 11-11:45 a.m.

*Level 4*

Course: 5859 9-9:45 a.m.

Course: 5863 10-10:45 a.m.

Course: 5867 11-11:45 a.m.

*Level 5*

Course: 5871 9-9:45 a.m.

Course: 5875 10-10:45 a.m.

Course: 5879 11-11:45 a.m.

*Level 6-Fitness Swimmer*

Course: 5883 12-12:45 p.m.

## EVENING LESSONS:

**Monday-Friday, July 12-23**

*Levels 1, 2, 3*

Course: 5888 5:30-6:15 p.m.

Course: 5889 6:30-7:15 p.m.

## EVENING LESSONS:

**Monday-Friday, July 26-August 6**

*Levels 1, 2, 3*

Course: 5890 5:30-6:15 p.m.

Course: 5891 6:30-7:15 p.m.



**FEE: \$48 New Hope residents  
\$54 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 Visa or MasterCard.* Questions? Call 763-531-5151

**Online registration!** Go to [www.ci.new-hope.mn.us](http://www.ci.new-hope.mn.us) and click on **Rec Express**. You will need a Password and Client ID number to register online.

2010 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 elementary aquatic skills and explore simultaneous and alternating arm and leg action on the front and back.

**Level 2 - Fundamental Aquatic Skills:** Passed Level 1 or equivalent. Students will learn the fundamental skills for swimming, including floating without support and recovering to a vertical position. Students learn the fundamentals of treading water, front and back glides and floats, and changing direction of travel while swimming on front or back.

**Level 3 - Stroke Development:** Passed Level 2 or equivalent. The objective is to coordinate the front and back crawl and elementary backstroke. Students are introduced to the flutter, scissor, dolphin and breaststroke kicks, the fundamentals of treading water, and diving from the side of the pool.

**Level 4 - Stroke Improvement:** Passed Level 3 or equivalent. Students will continue to build on the front and back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, and flutter and dolphin kicks on back. Swimming under water and survival swimming will also be taught.

**Level 5 - Stroke Refinement:** Passed Level 4 or equivalent. Students will refine their performance in all strokes and increase their distances. Flip turns on the front and back are introduced, as well as tuck and pike surface dives..

**Level 6 - Fitness Swimmer:** Students learn basic techniques of fitness swimming, including using a pace clock, pull buoy, fins and paddles. Students will also learn various training techniques and how to set up their own personal fitness program. This class will prepare students to participate in a competitive swimming atmosphere or as a fitness swimmer.

**GuardStart: Lifeguarding Tomorrow** 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.

