



Red Cross Swim Lessons

Parent Child

5:40-6:10 p.m. Monday March 19th-May 14th (No class April 9th)
9:10-9:40 a.m. Saturdays March 24th-May 19th (No class April 7th)

Preschool

6:00-6:30 p.m. Monday March 19th-May 14th (No class April 9th)
6:20-6:50 p.m. Monday March 19th-May 14th (No class April 9th)
10:50-11:20 a.m. Wednesdays March 21st-May 16th
5:00-5:30 p.m. Thursdays March 22nd-May 17th (No class April 5th)
6:00-6:30 p.m. Thursdays March 22nd-May 17th (No class April 5th)
10:10-10:40 a.m. Saturdays March 24th-May 19th (No class April 7th)

Level I

5:00-5:30 p.m. Monday March 19th-May 14th (No class April 9th)
7:00-7:30 p.m. Monday March 19th-May 14th (No class April 9th)
10:10-10:40 a.m. Wednesdays March 21st-May 16th
7:00-7:30 p.m. Thursdays March 22nd-May 17th (No class April 5th)
8:30-9:00 a.m. Saturdays March 24th-May 19th (No class April 7th)

Level II

5:30-6:20 p.m. Mondays March 19th-May 14th (No class April 9th)
6:40-7:30 p.m. Mondays March 19th-May 14th (No class April 9th)
9:15-10:00 a.m. Wednesdays March 21st-May 16th
6:00-6:50 p.m. Thursdays March 22nd-May 17th (No class April 5th)
6:40-7:30 p.m. Thursdays March 22nd-May 17th (No class April 5th)
8:30-9:20 a.m. Saturdays March 24th-May 19th (No class April 7th)

Level III

6:30-7:20 p.m. Mondays March 19th-May 14th (No class April 9th)
11:30-12:15 p.m. Wednesdays March 21st-May 16th
5:00-5:50 p.m. Thursdays March 22nd-May 17th (No class April 5th)
5:40-6:30 p.m. Thursdays March 22nd-May 17th (No class April 5th)
9:50-10:40 p.m. Saturdays March 24th-May 19th (No class April 7th)

Level IV

5:00-5:50 p.m. Mondays March 19th-May 14th (No class April 9th)
6:40-7:30 p.m. Thursdays March 22nd-May 17th (No class April 5th)

Level V

9:30-10:20 a.m. Saturdays March 24th-May 19th (No class April 7th)

Adult Beginner

7:00-7:45 a.m. Mondays March 19th-April 23rd (6 lessons)
5:45-6:30 p.m. Thursdays April 12th-May 17th (6 lessons)

Adult Beginner
Swim lessons with
Dale!
Monday
Mornings or
Thurs Evening
classes! Start
March 19th. Sign
up today!



Gator Hours
Sun 2:00-5:00 p.m.
Tues 6:00-9:00 p.m.
Fri 6:00-9:00 p.m.

Splish
Splash Swim
\$2.00 per
person to
swim!

Mondays
& Thursdays
7:30-9:30 p.m.
&
Wednesdays
6:00 p.m.
to 9:30 p.m.

Summer 2012 Swim Lessons:

Session begins June 11th
Registration begins Friday, May 11th at 6:00am
Members only early bird registration begins
Wednesday May 9th at 6:00am

Spring 2012 Swim Lesson

Registration begins:
Friday Feb 24th @ 6:00 a.m.

Member Registration:
Wednesday Feb 22nd at 6:00 a.m.



Cost
MCC
Members
\$35.00

Regular
\$40.00



To
Register
Call:
763-295-
2954

Swim Level Description

PARENT/CHILD: Parent must attend with child at all times. Swimmer will learn to become more comfortable in & around water & will prepare to learn how to swim

PRESCHOOL: Ages 3 & 4 Swimmers will be introduced to water exploration, back floating, arm movements, flutter kicking & water safety.

LEVEL 1: Swimmer will be introduced to floating, submerging & alternating arms.

LEVEL 2: Swimmer will learn to float without support & to recover in a vertical position. Fundamental skills of propelling themselves will be taught along with flutter kicking.

LEVEL 3: Swimmers are taught to coordinate the front and back crawl strokes. They are introduced to elementary back stroke & treading water, additional safety skills are covered as well.

LEVEL 4: Swimmers will develop strength and endurance using the back crawl, front crawl, and elementary back crawl strokes. Breaststroke and side stroke will also be introduced.

Level 5: The objectives of this level are coordination and refinement of the front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke. Distance and flip turns are also worked on.