

Monticello Community Center Summer Swimming Lessons

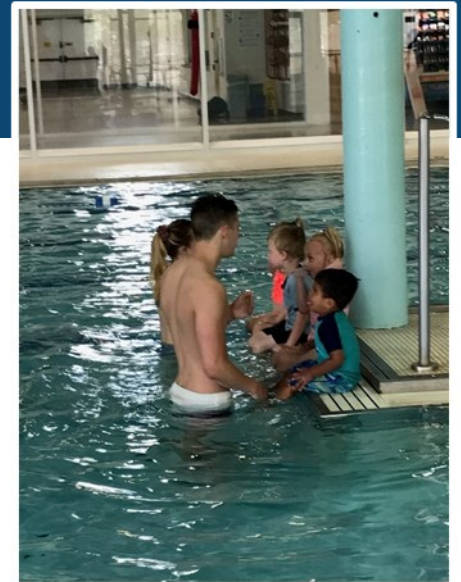
The MCC proudly offers the American Red Cross Learn to Swim program to members and non-members. This summer we are offering both group and private swimming lessons.

Group Lessons

- Each session includes six 45-minute lessons.
- Cost: Members \$55 | Regular \$65
- Member registration begins Wednesday, May 11 at 8 a.m.
- Non-member registration begins Friday, May 13 at 8 a.m.

Private Lessons

- Each session include four 45-minute lessons.
- Cost: Members \$107 | Regular \$143



Early Bird Private

Tuesdays & Thursdays:

May 17, 19, 24, 26 (4 classes each time slot)

4-4:45 p.m.

4:55-5:40 p.m.

5:50-6:35 p.m.

Session 1: June 2022

Session 1A

Mondays, Tuesdays & Wednesdays:

June 13, 14, 15, 20, 21, 22

Level 1 9:55-10:40 a.m.

Level 2 10:50-11:35 a.m.

Level 3 9-9:45 a.m.

Session 1B

Mondays, Tuesdays & Wednesdays:

June 27, 28, 29; July 5, 6, 7

Preschool 9-9:45 a.m.

Level 2 10:50-11:35 a.m.

Level 4 9:55-10:40 a.m.

Session 1C

Mondays & Thursdays:

June 6, 9, 13, 16, 20, 23

Parent Child 5-5:45 p.m.

Preschool 5:55-6:40 p.m.

Level 1 6:50-7:35 p.m.

Session 1D

Tuesdays & Wednesdays

June 21, 22, 28, 29

Private 5-5:45 p.m.

Private 5:55-6:40 p.m.

Private 6:50-7:35 p.m.

Session 2: July 2022

Session 2B

**Mondays, Tuesdays & Wednesdays:
July 25, 26, 27; August 1, 2, 3**

Parent Child	9-9:45 a.m.
Preschool	9:55-10:40 a.m.
Level 1	10:50-11:35 a.m.
Level 2	9-9:45 a.m.
Level 4	10:50-11:35 a.m.
Level 5	9:55-10:40 a.m.

Session 2C

**Mondays & Thursdays:
July 11, 14, 18, 21, 25, 28**

Parent Child	5-5:45 p.m.
Preschool	5-5:45 p.m.
Level 1	5:55-6:40 p.m.
Level 1	6:50-7:35 p.m.
Level 2	5-5:45 p.m.
Level 2	6:50-7:35 p.m.
Level 3	5:55-6:40 p.m.
Level 4	5:55-6:40 p.m.
Level 5	6:50-7:35 p.m.



Session 3: August 2022

Session 3A

**Mondays, Tuesdays & Wednesdays:
August 8, 9, 10, 15, 16, 17**

Parent Child	9-9:45 a.m.
Preschool	9-9:45 a.m.
Preschool	10:50-11:35 a.m.
Level 1	9:55-10:40 a.m.
Level 1	10:50-11:35 a.m.
Level 2	9:55-10:40 a.m.
Level 2	10:50-11:35 a.m.
Level 3	9-9:45 a.m.
Level 3	9:55-10:40 a.m.
Level 3	10:50-11:35 a.m.
Level 4	9:55-10:40 a.m.
Level 5	9-9:45 a.m.

Session 3B

**Mondays & Thursdays:
August 1, 4, 8, 11, 15, 18**

Parent Child	5:55-6:40 p.m.
Preschool	5:55-6:40 p.m.
Level 1	5:55-6:40 p.m.
Level 1	6:50-7:35 p.m.
Level 2	5-5:45 p.m.
Level 2	6:50-7:35 p.m.
Level 3	5-5:45 p.m.
Level 4	6:50-7:35 p.m.
Level 5	5-5:45 p.m.



Lessons in the Lake

Learn to swim in a beautiful outdoor setting at the beach at Bertram Chain of Lakes Regional Park. Lessons follow the same format as those at the MCC pool, but with a fun outdoor twist.

Bertram Lake Beach Session 1

Mondays, Tuesdays & Wednesdays:

July 11, 12, 13, 18, 19, 20

Preschool	9:30-10:15 a.m.
Preschool	11:10-11:55 a.m.
Level 1	10:20-11:05 a.m.
Level 2	10:20-11:05 a.m.
Level 3	9:30-10:15 a.m.
Level 4	11:10-11:55 a.m.

Bertram Lake Beach Session 2

Mondays, Tuesdays & Wednesdays:

July 25, 26, 27, August 1, 2, 3

Preschool	10:20-11:05 a.m.
Level 1	9:30-10:15 a.m.
Level 1	11:10-11:55 a.m.
Level 2	11:10-11:55 a.m.
Level 3	9:30-10:15 a.m.
Level 4	10:20-11:05 a.m.

Lesson Level Descriptions:

Parent/Child: Parent attends with the child in the water at all times. Swimmers learn to be comfortable in and around water and prepare to learn how to swim. Water adjustment skills, blowing bubbles, floating and water safety are introduced.

Preschool: Ages 3-4, swimmers are introduced to water exploration, entering, and exiting water, blowing bubbles, floating and gliding on both front and back, arm movements, flutter kicking, and water safety.

Level 1—Introduction to Water Skills: Swimmers are introduced to floating, gliding, submerging, and alternating arms. Retrieving submerged objects and staying safe around aquatic environments.

Level 2—Fundamental Aquatic Skills: Swimmers learn to float without support and recover to a vertical position. Treading water and fundamental skills of propelling themselves arm and leg actions with flutter kicking are taught.

Level 3—Stroke Development: Swimmers learn to coordinate the front and back crawl strokes. They are introduced to elementary backstroke and treading water, and additional safety skills are covered. Building on Level 2 skills.

Level 4—Stroke Improvement: Swimmers develop strength and endurance using the back crawl, front crawl, and elementary backstroke. Breaststroke and sidestroke are introduced.

Level 5—Stroke Refinement: Swimmers focus on coordination and refinement of the front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. Distance and flip turns are also developed.

Additional Information: You can find helpful information, reminders, and the online registration link on the Monticello Community Center website: www.monticellocommunitycenter.com.

RED CROSS WATER SAFETY INSTRUCTOR COURSE

Instructor Certification Course:

- **August 8 — 9 a.m. to 6 p.m.**
- **August 9 — 9 a.m. to 6 p.m.**
- **August 10 — 9 a.m. to 4 p.m.**

Water Safety Instructors are so important! Earn your certification to teach American Red Cross swimming and water safety, and gain the skills needed to teach courses and make presentations to swimmers of every age and ability. During the Water Safety Instructor course, you'll learn class management techniques, lesson planning and execution, and observation and assessment skills. The Water Safety Instructor course trains instructor candidates to teach children and adults fundamental skills that will help them stay safe in, on, and around water. Learn how to become an American Red Cross Certified Water Safety Instructor at MCC!

The cost of the training is \$250. For more information about the course or to register, visit our website at www.monticellocommunitycenter.com/water-safety-instructor-training.html

BECOME A LIFEGUARD AT MCC

Blended Learning Lifeguard Training Course:

- **September 10 — 8 a.m. to 6 p.m.**

The Monticello Community Center is offering a Red Cross Blended Learning Lifeguard Training & Red Cross Blended Learning Shallow Water Lifeguard Training course!

Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Plan to complete the initial eLearning lessons of your training at least two days prior to your first on-site skills session.

Prerequisite skills: Swim 300 yards continuously (100 yards for Shallow Water), Tread water for 2 minutes using only legs, complete a timed event within 1 minute, 40 seconds (starting in water swim 20 yards, surface dive feet first to retrieve a 10-pound object, return to surface and swim 20 yards on the back to starting point with both hands holding the object and keeping face at or near surface of the water).

The cost of the training is \$225. For more information about the course or to register, visit our website at www.monticellocommunitycenter.com/lifeguard-training.html

Questions? Please contact Aquatic Supervisor at corinne.mitchell@ci.monticello.mn.us