American Red Cross Swimming Lessons
Monday - Thursday for two weeks

Lesson schedule is given in the table on p. 25. Swimming lesson registration will open at 8:00 a.m. on Monday, April 20

Swimming Lesson Fees:
Aqua-Tots and Tadpoles for 3’s: $33
Preschool and Levels 1 through 6: $43

New American Red Cross Swimming Lesson Curriculum

Delano Community Education is proud to offer the newly updated American Red Cross Swimming and Water Safety program, which combines the best in swim instruction with an even stronger emphasis on drowning prevention and water safety - ideal for anyone who wants to enjoy the water safely, regardless of age or skill level.

The new curriculum will be used starting in June 2009. The major changes include:
- The addition of three levels of preschool classes for children who are ages 4 to 5
- An expectation that children be age 6 to start the Learn to Swim program (Levels 1 through 6)

Please see the tables below to determine at which level your child should be placed as we transition to the new curriculum.

<table>
<thead>
<tr>
<th>My child has taken lessons already. With the new curriculum, what level should s/he be in?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child has passed level:</td>
</tr>
<tr>
<td>“Old” Level 1</td>
</tr>
<tr>
<td>“Old” Level 2</td>
</tr>
<tr>
<td>“Old” Level 3 or higher</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Convenient Registration Drop-off at the Tiger Activity Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>For your convenience, you may now drop your Community Education registrations off at the Tiger Activity Center desk. All registrations will be processed within one business day of receipt.</td>
</tr>
</tbody>
</table>

Summer weekday hours for the TAC desk:
6:00 a.m. until 1:00 p.m., Mon.- Fri.
4:30 p.m. until 10:00 p.m., Mon.- Thurs.

<table>
<thead>
<tr>
<th>Pool Shut Downs</th>
</tr>
</thead>
<tbody>
<tr>
<td>We occasionally have to shut the pool down due to circumstances that are beyond our control. This is often dictated by MN Department of Health regulations. When we have to cancel swim lessons, we make every attempt to contact you. If only one class is cancelled during a session, there is no make-up lesson scheduled. In the rare situation where a second class is cancelled, we make every effort to offer a make-up lesson.</td>
</tr>
</tbody>
</table>
AQUATICS

Parent and Child Aquatics
18 months - 3 years

Parents and children learn together to increase a child’s comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Attention Parents of Diaper Age Children:
Plastic pants with tight fitting elastic around the legs and waist must be worn in addition to a swim diaper in order to take swimming lessons.
A parent must be in the water with the child in these classes.
Classes are 30 minutes long.

9008 - Aqua-Tots - 18 months - age 3

The class provides experiences and activities for children to learn how to enter and exit the water safely, explore submerging to the mouth, nose and eyes and fully submerging, explore buoyancy on the front and back position, experience wearing a life jacket, plus water safety topics.

9007 - Tadpoles - age 3 - 4

The class builds on the skills learned in Aqua-Tots. Children will learn more ways to enter / exit water safely, explore submerging in a rhythmic pattern, glide on the front and back with assistance, perform combined stroke on front and back with assistance, experience wearing a life jacket, plus water safety topics.

Preschool Aquatics
Age 4 - 5 years old

Throughout the three levels, preschool-age children (ages 4-5) are taught basic aquatic safety, survival and swimming skills, all the while increasing their comfort level in and around the water. As in all Swimming and Water Safety courses, your child will always know that it’s safety first.

9010A - Preschool Level A
This class helps participants feel comfortable in the water. Skills will include enter / exit the water, blow bubbles, submerge face, open eyes under water and retrieve submerged objects, front and back glides, back float, roll over, tread water, leg and arm actions on front and back, and water safety topics.

9010B - Preschool Level B
This class is for children who have passed Preschool Level A. Children will learn fundamental skills, which will include enter water by stepping in, bobbing, open eyes under water and retrieve submerged objects, front and back floats and glides, roll over, tread water, combined arm and leg actions on front and back, finning, and water safety topics.

9010C - Preschool Level C
This class is for children who have passed both Preschool Levels A and B. Children will build on skills learned in Level B through additional practice in deeper water. They will learn to enter water by jumping in, fully submerge and hold breath, bobbing, front, jellyfish and tuck floats, back float and glide, change direction of travel while swimming, tread water, combined arm and leg actions on front and back, finning arm action on back, and water safety topics.

Answers to Frequently Asked Questions!

Pool Location: Delano Middle School, 700 Elm Avenue, in Delano. Enter Door #5.

Schedule: Sessions are held every day, Monday through Thursday, for two consecutive weeks.

Registration: Swimming registration will open on Monday, April 20. Please see page 38 for registration options.

Refunds: No refunds or “credits” towards a future session will be given after the “deadline for refunds / changes” listed for each session in the table on page 25. A $5.00 per participant per class processing fee will be withheld from all refunds given before the refund deadline.

Levels: Please refer to the certificate from your child’s last class or see the “Guide to Selecting Swim Levels” on pages 22 -24 for help determining which level your child is in. If your child is younger than 6 years old, please review carefully the information regarding the new preschool curriculum found on pages 22 and 23.

Age requirements:
Aqua-Tots: 18 months through age 3
Tadpoles: Ages 3 - 4
Preschool classes: Ages 4 - 5
Learn to Swim Levels 1 - 6: Age 6 or older or passed Preschool Level C

Lesson Length:
Parent / Child classes: 30 minutes
Preschool classes: 40 minutes
Levels 1 - 5: 40 minutes
Level 6: one hour
American Red Cross Learn to Swim Program

Children age 6 and older

All lessons will be held at the Delano Pool
At Delano Middle School, 700 Elm Avenue, Delano
Enter Door #5

Swimming lesson registration will open at 8:00 a.m. on Monday, April 20

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers about 6+ years old and adults to develop their water safety, survival and swimming skills.

9001 - Level 1: Introduction to Water Skills

Helps participants feel comfortable in the water. Students will learn to enter and exit water independently, fully submerge face, exhale underwater, bobbing, opening eyes underwater and picking up submerged object, front and back glides and floats, roll over, tread water, and water safety topics. 
Participants must be at least 6 years old.

9002 - Level 2: Fundamental Aquatic Skills

Level 2 is designed to give students success with fundamental skills. Students will learn to fully submerge and hold breath, bobbing, retrieve a submerged object in shallow water; front, jellyfish and tuck floats; front and back glides and floats; change directions, roll over, tread water, combined arm and leg actions on front and back, finning, and water safety topics. Participants must be at least 6 years old.

9003 - Level 3: Stroke Development

Level 3 will build on the Level 2 skills by providing additional guided practice in deeper water. Students will learn to jump into deep water, sitting or kneeling dives, bobbing, rotary breathing, survival float, back float, flutter and dolphin kicks on front, scissors kick, front crawl and elementary backstroke, tread water, and water safety topics.

9004 - Level 4: Stroke Improvement

Level 4 will develop confidence in the skills learned and improve other aquatic skills. Students will learn to dive from compact and stride positions, swim underwater, feet-first surface dive, survival swimming, front crawl and backstroke open turns, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back, tread water, and water safety topics.

9005 Level 5: Stroke Refinement

Level 5 will provide further coordination and refinement of strokes. It will include shallow angle dive, tuck and pike surface dives, submerge completely, front flip turn and backstroke flip turn, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, sculling, and water safety topics.

9006 - Level 6: Swimming and Skill Proficiency

Level 6 refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing students for more advanced courses, such as the Water Safety Instructor course, or other aquatic activities such as competitive swimming. Each option also includes applicable water safety topics. We offer the Personal Water Safety and Fitness Swimmer options.

Refund Policy

No refunds or “credits” towards a future session will be given after the “deadline for refunds / changes” listed for each session in the table on page 25. Please check your schedule carefully before you register for swimming lessons. A $5 per participant per class processing fee will be withheld from all refunds given before the refund deadline.

Tiger Kids Club Students

We have reserved special swimming lesson times just for Tiger Kids Club students.

See the details on page 13. You will register for this option along with your Tiger Kids Club registration.