

Fall 2024 swim lessons

Contact parks & rec

- 651-490-4750
- recreation@shoreviewmn.gov
- Learn more at shoreviewmn.gov



GENERAL INFO

- See free swim checks information on page 7.
- Swim lesson policies available on page 5.

PRIVATE LESSONS (PR)

Ages 3 - Adult

Private and semi-private lessons offer one-on-one training so you're able to learn at your own pace. Lessons are 30 minutes and available at set times.

Number of lessons	Cost
6 lessons	\$161; \$146 SV Res

SEMI-PRIVATE LESSONS (PR)

Ages 3 - Adult

- You must have two people at the same ability for a semi-private lesson
- Register with the parks & recreation office in person or call 651-490-4750
- Rate listed per person

Number of lessons	Cost
6 lessons	\$121; \$110 SV Res

CUSTOM & SEMI-PRIVATE LESSONS

Contact the aquatic program supervisor at 651-490-4766 to set up custom private lessons

Custom private instruction provides:

- Flexible scheduling with three months to
- Complete after first lesson starts
- Option to reschedule with advance notice

Number of lessons	Cost per person
8 lessons	\$242; \$220 SV Res
6 lessons	\$215; \$196 SV Res
4 lessons	\$141; \$128 SV Res

Semi-private lessons provides:

- You must have two people at the same ability for a semi-private lesson

Number of lessons	Cost per person
8 lessons	\$171; \$156 SV Res
6 lessons	\$143; \$131 SV Res
4 lessons	\$104; \$93 SV Res

Fall Registration

Registration begins at 8 am. Sign up online at shoreviewmn.gov or call 651-490-4750.

- **Tuesday, August 6:** Shoreview residents
- **Thursday, August 8:** Annual CC Members
- **Friday, August 9:** General registration

GROUP LESSONS

Ages 3 - 13

- One instructor to a maximum of four students per class
- 40 minutes unless otherwise noted
- Parent/child lessons are 30 minutes

Number of lessons	Cost
6 lessons	\$90; \$82 SV Res

PARENT/CHILD LESSONS

Parent/Child 1 (PC 1)

Ages 9 months – 2.5 years

One adult must accompany each child in the water

- Enter/exit water with assistance
- Blow bubbles & submerge head
- Front/back float with guardian & instructor

Parent/Child 2 (PC 2)

Ages 2 - 3.5

A parent accompanies their child in the water for the first few weeks and gradually reduces participation

- Enter/exit water with assistance
- Blow bubbles & submerge head
- Front/back float with instructor
- Front/back glides with assistance
- Front/back flutter kicking with instructor

BEGINNER LESSONS

Beginner 1 (B1)

Ages 2.5 - 4

- Independent entry/exit
- Front/back floats with assistance—3 seconds
- Front/back glides with assistance
- Front/back flutter kicking with support
- Front crawl arms with face in the water

Beginner 2 (B2)

Ages 3 - 5 or passed Beginner 1

- Independent front/back floats - 5 seconds
- Front/back glides with support
- Front/back flutter kicking
- Front crawl arms with flutter kicking
- Rhythmic breathing

Beginner 3 (B3)

Ages 3 - 5 or passed Beginner 2

- Independent front/back floats - 8 seconds
- Independent front/back glides
- Front/back flutter kicking - 8 yards
- Front crawl with rhythmic breathing with assistance

Beginner 4 (B4)

Ages 4 - 6 or passed Beginner 3

- Independent front/back floats – 10 seconds
- Independent front glide into front crawl
- Front/back flutter kicking – ½ length
- Front crawl with rhythmic breathing with assistance – 8 yards

Youth beginner (YB)

Ages 6 - 12

For children new to swim lessons or haven't been in lessons for several years

- Independent front/back floats – 10 seconds
- Independent front/back glides
- Front/back flutter kicking – ½ length
- Front crawl arms with rhythmic breathing

Adult beginner (AB)

Ages 18+

Learn basic swimming skills in a safe environment while gaining confidence in the water.

Participants will learn:

- Front/back floats
- Front/back glides with flutter kick with support
- Rhythmic breathing
- Comfort in water independently

INTERMEDIATE LESSONS

Intermediate 1 (I1)

Ages 5 - 7

- Front/back flutter kicking – ½ length
- Independent front/back glide
- Flutter kick with rhythmic breathing – ½ length
- Front crawl with rhythmic breathing – ½ length

Intermediate 2 (I2)

Ages 5 - 13

- Front/back flutter kicking - 25 yards
- Front glide into front crawl
- Back glide into back crawl
- Back crawl with assistance – 8 yards
- Elementary backstroke – ½ length
- Tread water - 15 seconds

Intermediate 3 (I3)

Ages 5.5 - 13

- Front crawl with rhythmic breathing – 25 yards
- Back crawl – ½ length
- Elementary backstroke – ½ length
- Tread water - 30 seconds

Intermediate 4 (I4)

Ages 5.5 - 13

- Front crawl with open turn – 50 yards
- Back crawl – 25 yards
- Elementary backstroke – 25 yards
- Open turn - front
- Whip kick - 25 yards

ADVANCED LESSONS

Advanced 1 (A1)

Ages 6 - 13

- Front crawl with flip turns –75 yards
- Back crawl with open turns – 50 yards
- Elementary backstroke –25 yards
- Breaststroke – 25 yards
- Flip turns

Advanced 2 (A2)

Ages 6 - 13

- Front crawl with flip turns – 100 yards
- Back crawl w/open turns – 75 yards
- Breaststroke w/underwater pull out
- Breaststroke underwater pull out
- Dolphin kick – 25 yards
- Scissors kick – 25 yards

Advanced 3 (A3)

Ages 6 - 13

- Front crawl with flip turns– 150 yards
- Back crawl with open turns–100 yards
- Breaststroke – 75 yards
- Breaststroke underwater pull out
- Butterfly – ½ length
- Sidestroke – 25 yards

Intro to Swim Team (IS)

Ages 6 - 13

Begin your journey into competitive swimming by working on stroke technique, competitive turns, and build endurance in butterfly, backstroke, breaststroke and freestyle.

WEEKLY CLASSES

One day per week for six weeks

Sunday

Session 1: Sept 22 - Nov 3
No class Oct 20

TIME	LEVEL
8:30 am	PC1
	B1
	I2
9:20 am	AB
	PC2
	B3
10:10 am	I3
	A1
	PC1
11:00 am	B2
	YB
	I4
11:00 am	PC2
	B4
	I1
	YB

Private Lessons

TIME	LEVEL
8:30 am	PR
9:10 am	PR
9:50 am	PR
10:20 am	PR
11:00 am	PR

Sunday

Session 2: Nov 10 - Dec 15

TIME	LEVEL
8:30 am	PC2
	B3
	I1
9:20 am	YB
	PC1
	B1
10:10 am	I2
	I4
	PC2
11:00 am	B4
	I3
	A1
11:00 am	PC1
	B2
	I1
	YB

Private Lessons

TIME	LEVEL
8:30 am	PR - A
	PR - B
9:10 am	PR - A
	PR - B
9:50 am	PR - A
	PR - B
10:30 am	PR - A
	PR - B
11:10 am	PR - A
	PR - B

Monday

Session 1: Sept 23 - Oct 28

TIME	LEVEL
5:00 pm	B2
	I1
	YB
5:50 pm	PC1
	I2
	I4
6:40 pm	B4
	I3
	A1

Private Lessons

TIME	LEVEL
5:00 pm	PR
5:40 pm	PR
6:20 pm	PR
7:25 pm	PR - A
	PR - B
	PR - C

Lesson Rates

Group Lessons

6 Lessons \$90; \$82 SV Res

Private Lessons

6 Lessons \$16; \$146 SV Res

Semi-private Lessons

6 Lessons \$121; \$110 SV Res

Monday
Session 2: Nov 4 - Dec 9

TIME	LEVEL
5:00 pm	B1
	I1
	I1
5:50 pm	PC1
	I3
	A2
6:40 pm	B4
	I2
	I4

Private Lessons

TIME	LEVEL
5:00 pm	PR
5:40 pm	PR
6:20 pm	PR
7:25 pm	PR - A
	PR - B
	PR - C

A note about swim lessons

- Due to high demand, private lessons are limited to 2 sessions per participant, per season.
- Swim lessons are not canceled if Mounds View School District cancels after school activities due to weather.
- Group classes with fewer than three registered participants will be canceled.
- Students are not allowed to swim before or after lessons.
- Students should use the bathroom and shower before entering the pool area.
- Staff are not allowed to take students to the bathroom.
- If your child needs a quieter environment to learn, look at our Tuesday, Thursday, Saturday and Sunday lessons.
- Children ages 4 and under may use any locker room.
- Children age 5 and older must use the same sex locker room or family locker room.
- The pool water temperature is kept at 85 degrees.

Swim lesson policies

- We do not provide make-up lessons for any classes
- Participants will be emailed specific program policies before the start of class.

Cancellation policies & fees

- \$5 if you cancel at least one week before the class start date.
- \$10 if you cancel within one week of the class start date.
- No refunds on or after the class start date.

Level Key

PC1	Parent - child 1
PC2	Parent - child 2
B1	Beginner 1
B2	Beginner 2
B3	Beginner 3
B4	Beginner 4

I1	Intermediate 1
I2	Intermediate 2
I3	Intermediate 3
I4	Intermediate 4
A1	Advanced 1
A2	Advanced 2
A3	Advanced 3

YB	Youth Beginner
AB	Adult Beginner
IS	Intro to Swim Team
PR	Private

Tuesday
Session 1: Sept 24 - Oct 29

TIME	LEVEL
5:00 pm	PC2
	B2
	I2
5:50 pm	PC1
	B1
	I1
6:40 pm	B3
	B4
	YB

Tuesday
Session 2: Nov 12 - Dec 17

TIME	LEVEL
5:00 pm	PC2
	B1
	I4
5:50 pm	B2
	B3
	A2
6:40 pm	B3
	B4
	AB

Wednesday
Session 1: Sept 25 - Oct 30

TIME	LEVEL
5:00 pm	PC2
	I1
	YB
5:50 pm	B2
	I3
	A1
6:40 pm	I1
	YB
	I4

Private Lessons

TIME	LEVEL
5:00 pm	PR
5:40 pm	PR
6:20 pm	PR
7:25 pm	PR - A
	PR - B
	PR - C

Private Lessons

TIME	LEVEL
5:00 pm	PR - A
	PR - B
5:40 pm	PR - A
	PR - B
6:20 pm	PR - A
	PR - B
7:25 pm	PR - A
	PR - B
	PR - C

Private Lessons

TIME	LEVEL
5:00 pm	PR
5:40 pm	PR
6:20 pm	PR
7:25 pm	PR - A
	PR - B
	PR - C

Level Key

PC1	Parent - child 1
PC2	Parent - child 2
B1	Beginner 1
B2	Beginner 2
B3	Beginner 3

B4	Beginner 4
I1	Intermediate 1
I2	Intermediate 2
I3	Intermediate 3
I4	Intermediate 4
A1	Advanced 1

A2	Advanced 2
A3	Advanced 3
YB	Youth Beginner
AB	Adult Beginner
IS	Intro to Swim Team
PR	Private

Free swim checks - Not sure of what level to register your child for? Sign up for a free swim check! If your child has been away from lessons for more than three months we recommend repeating the previous level. Reserve your time at shoreviewmn.gov

- Friday, Aug 2, 9 – 11 am
- Saturday, Nov 23, 9 – 11 am
- Sunday, Aug 4, 9 – 11 am & 6:15 – 7:45 pm
- Sunday, Dec 1, 9 – 11 am
- Thursday, Nov 21, 5 – 7 pm



Wednesday
Session 2: Nov 6 - Dec 11

TIME	LEVEL
5:00 pm	B3
	I1
	YB
5:50 pm	B1
	I3
	A3
6:40 pm	I1
	I2
	IS

Private Lessons

TIME	LEVEL
5:00 pm	PR
5:40 pm	PR
6:20 pm	PR
7:25 pm	PR - A
	PR - B

Saturday
Sept 28 - Nov 9
No class Oct 19

TIME	LEVEL
8:30 am	PC2
	B3
	I3
	A1
9:20 am	PC1
	B2
	I1
	YB
10:10 am	PC2
	B4
	I2
	A2
11:00 am	PC1
	B1
	I4
	A3

Private Lessons

TIME	LEVEL
8:30 am	PR
9:10 am	PR
9:50 am	PR
10:20 am	PR
11:00 am	PR

MINI SESSION

One day per week for four weeks

Saturday
Nov 16 - Dec 14
No class Nov 30

TIME	LEVEL
9:00 am	PC1
9:40 am	PC2
10:20 am	PC1
11:00 am	PC2

Private Lessons

TIME	LEVEL
9:00 am	PR - A
	PR - B
	PR - C
9:40 am	PR - A
	PR - B
	PR - C
10:20 am	PR - A
	PR - B
	PR - C
11:00 am	PR - A
	PR - B
	PR - C

Lesson Rates

Group Lessons

6 Lessons \$90; \$82 SV Res

Group Mini Lessons

4 Lessons \$60; \$55 SV Res

Private Lessons

6 Lessons \$161; \$146 SV Res

Private Mini Lessons

4 Lessons \$107; \$97 SV Res

Semi-private Lessons

6 Lessons \$121; \$110 SV Res

Semi-Private Mini Lessons

4 Lessons \$80; \$73 Sv Res



AQUA BUBBLE WATER DISCOVERY

Friday, Oct 11 | 10:15 - 11 am
Thursday, Nov 7 | 5:30 - 6:15 pm
Monday, Dec 2 | 10:30 - 11:15 am

Explore the water with your child in fun and imaginative ways to develop swim readiness skills through songs and games.

Ages: 1 - 3

Registration deadline: one week before class

Cost: \$15/pair

Location: community center

MERADVENTURES FOR ADULTS

Saturday, Nov 16 | 10 - 11 am

Create an unforgettable experience with your friends.

Ages: 18+

Registration deadline: one week before class

Cost: \$30/ \$27 SV Res

Location: community center

INTRO TO MERADVENTURES

Sunday, Dec 1 | 10 - 11 am

Come learn how to swim with your mermaid tail, and perfect your mermaid swim and dolphin-kick technique.

Ages: 7 - 12

Registration deadline: one week before class

Cost: \$30; \$27 SV Res

Location: community center

Register online at shoreviewmn.gov or call 651-490-4750