

# SWIMMING lessons

## Outdoor Lessons

### Splash Pool Lessons

Summer Session: June 10th-June 20th

**Lesson Time/Level** - Two week session  
Meets Monday-Thursday

#### Preschool Lessons (Ages 3-5)

9:45-10:15 a.m. Minnow  
9:45-10:15 a.m. Sea Turtle

#### Youth Lessons (Ages 6 and older)

10:20-10:50 a.m. Goldfish

### Northview Pool Lessons

Summer Session: June 15th-August 10th

**Lesson Time/Level** - Saturdays  
No class July 6th

#### Preschool Lessons (Ages 3-5)

10:00-10:30 a.m. Minnow/Sea Turtle

#### Youth Lessons (Ages 6 and older)

10:35-11:05 a.m. Goldfish/Otter  
11:10-11:55 a.m. Manta Ray/Octopus

In case of inclement weather, classes may be rescheduled or moved to Central Square. (Call 651-366-6210 for weather hotline.)

## Level Descriptions

Minnow	Sea Turtle	Goldfish
Introduction to water with basic safety skills, assisted front and back floats, basic kicking and submersion.	Builds off of safety and swim skills from Minnow level with integrated kicking, elementary front and backstroke and independent float.	Practice previously learned skills, additional safety rules, practice retrieving objects, treading water, breathing, working on elementary backstroke and kicking, learn front paddle or crawl stroke.
Otter	Manta Ray	Octopus
Incorporates reach and throw assists, learn more advanced frontstroke, backstroke and breaststroke techniques, practice treading water and diving.	Practice standing dive into deep water, develop backstroke and breaststroke techniques, practicing freestyle swim.	Development of previous skill levels, including diving, stroke development, endurance and open turns on back and front.

### Registration

Registration opens Wed. May 22nd.

Online Registration: 8:00 a.m.-5:00 p.m.

In Person Registration: 5:30 p.m.-9:00 p.m.

#### Fees:

*Resident: \$45 per session*

*Non-resident: \$59 per session*

### Starfish Swim School®

Swimming is a life-long skill that everyone can enjoy regardless of age. South St. Paul Parks & Recreation offers Starfish Swim School® swim lessons for participants to learn how to be safe in, on, or around water and through progressive levels, learn knowledge and skills needed for aquatic skill development.

The skills learned by swimmers are a natural progression to developing key components of swimming stroke techniques.

