

Student Last Name:	First Name:	MI:
Address:		
City:	State:	ZIP:
Birthdate:	Age:	Sex: M F
Parent/Guardian Name:	Home: ()	Kidstop or Cosmic Club Site: Work: ()
Parent/Guardian E-Mail address:		
Class Attending: A B C (Please circle one)	Code:	Dates:
Swim Level: 1 2 3 4 5 6		Fee:
I, the parent or guardian of the participant, give permission for my child to leave his/her Kidstop or Cosmic Club site on dates he/she is registered for swim lessons, and be transported by bus chaperoned by Maple Grove Parks & Recreation staff to the MAPLE GROVE MIDDLE SCHOOL. I understand that once on the bus, my child is a participant in a Maple Grove Parks & Recreation program, and is no longer under the supervision of District #279 Kidstop or Cosmic Club staff. I will arrange to pick up my child at MAPLE GROVE MIDDLE SCHOOL at the end of each class. PLEASE PRINT ALL INFORMATION CLEARLY.		
These people may pick up my child after lessons:		
Signature:	Date:	Check #:
Visa/MC/Discover Number:	CVC Code:	Exp. Date:

AMERICAN RED CROSS

Level 1 – Introduction to Water Skills:

Students learn to enter and exit water using ladder, steps or side, blow bubbles through mouth and nose for 3 seconds, bobbing 5 times, open eyes under water and retrieve submerged objects, front and back glides and floats, recover to vertical position, roll from front to back and back to front, tread water using arm and hand actions in chest deep water, alternating and simultaneous leg actions on front and back for 2 body lengths, alternating and simultaneous arm actions on front and back for 2 body lengths, combined arm and leg actions on front and back for 2 body lengths.

Level 2 – Fundamental Aquatic Skills:

Students learn to enter water by stepping or jumping from the side into shoulder-deep water, exit using ladder, steps or side in chest-deep water, fully submerged and hold breath 10 seconds, bob 10 times, open eyes under water and retrieve submerged objects, float on front, in jellyfish position and tuck position for 10 seconds each, recover to vertical position, roll from front to back and back to front, change direction of travel while swimming on front and back, tread water using arm and leg actions for 15 seconds, front and back glides 2 body lengths, combined arm and leg actions on front and back for 5 body lengths and finning arm action on back for 5 body lengths.

Level 3 - Stroke Development: Students learn to enter water by jumping from the side fully submerged, recover to surface and go to the side, headfirst entries from the side in sitting and kneeling positions into water at least 9 feet deep, push offs in streamlined position and add kick 3-5 body lengths, bobbing while moving toward safety, rotary breathing, survival float 30 seconds, back float at least one minute, change from vertical to horizontal position on front and back, tread water, flutter, scissor kick 10 yards, dolphin and breaststroke kicks on front, front crawl 15 yards and elementary backstroke 15 yards.

Level 4 - Stroke Improvement: Students learn to compact and stride position headfirst entry into water at least 9-feet deep, feet first surface dive submerging completely, swim under water 3-5 body lengths, tread water using 2 different kicks for 2 minutes, Flutter and dolphin kick on back, front crawl for 25 yards, breaststroke for 15 yards, butterfly stroke 15 yards, sidestroke 15 yards, survival swim for one minute, front and back crawl open turn.

Level 5 - Stroke Refinement: Students learn to shallow-angle dive from the side glide 3 body lengths and begin any front stroke, tuck and pike surface dives submerging completely, tread water 5 minutes, tread water legs only two minutes, front crawl and elementary backstroke for 50 yards each, butterfly, breaststroke, back crawl and sidestroke for 25 yards each, front and back flip turns while swimming, and standard scull for 30 seconds.

Level 6 – Swimming and Skill Proficiency:

Students work on endurance for six strokes - front crawl, back crawl, breaststroke, elementary back stroke, side stroke and butterfly - as well as open and flip turns, and fitness swimmer skills.

MAPLE GROVE PARKS & RECREATION LEARN-TO-SWIM PROGRAM SUMMER 2019



Parks & Recreation Board

12951 Weaver Lake Road
Maple Grove, MN 55369
Phone (763) 494-6500
Fax (763) 494-6456

MGPR Learn to Swim - Summer 2019

BACK for Summer 2019! Maple Grove Parks & Recreation will be offering the Learn to Swim program in a format designed especially for Kidstop & Cosmic Club families!

SWIMMING LESSONS

During the summer of 2019, Maple Grove Parks & Recreation is offering several sessions of swimming lessons specifically to families in the District 279 Kidstop & Cosmic Club programs. The classes are scheduled at the **MAPLE GROVE MIDDLE SCHOOL** pool in the late afternoon. Parks & Recreation will provide one-way busing to swimming lessons as a part of the course fee. After finishing their day at Kidstop or Cosmic Club, the children enrolling in these lessons will ride a bus, chaperoned by Parks & Recreation staff, to Maple Grove Middle School where they will attend Learn to Swim classes. These classes will be taught by American Red Cross trained Parks & Recreation instructors. Parents are welcome to come and observe, and are responsible for picking up their children at Maple Grove Middle School at the end of their swim class on the days that they have lessons.

Maple Grove Parks & Recreation is an authorized provider of the American Red Cross. We are offering lessons to students of all skill levels. Please check the enclosed class descriptions to choose the correct placement for your child. If your child has previously attended lessons in our program, we will use his/her most recent progression card to determine initial class placement. As always, if your child completes a level during a session, he/she will begin working on the next level immediately!

SESSIONS

Maple Grove Parks & Recreation is offering one session of lessons to each of the four Kidstop & Cosmic Club sites for the Summer of 2019. Classes will meet 1 day per week.

CLASS A (Code 312113 - 01)

Kidstop Sites: Rush Creek and Woodland

Day: Mondays

Dates: June 24 – August 5, 2019
(ex. July 1, 2019)

Class Time: 5:30 pm – 6:15 pm

Fee: \$ 105.00 for 6 classes

CLASS B (Code 312113 - 02)

Kidstop Site: Basswood

Day: Tuesdays

Dates: June 25 – August 6, 2019
(ex. July 2, 2019)

Class Time: 5:30 pm – 6:15 pm

Fee: \$105.00 for 6 classes

CLASS C (Code 312113 - 03)

Kidstop Site: Fernbrook

Day: Wednesdays

Dates: June 26 – August 7, 2019
(ex. July 3, 2019)

Class Time: 5:30 pm – 6:15 pm

Fee: \$105.00 for 6 classes

The fee includes one-way busing from the Kidstop or Cosmic Club site to Maple Grove Middle School. The bus will pick participants up approximately 30 minutes before class time. You need to pick up your child at Maple Grove Middle School at the end of each class.

BONUS – VACATION PASS!

Summer vacations may mean missing a swim lesson. To help make up for that, each child registered for lessons will receive a **VACATION PASS**, good for one daily pool admission for up to 2 people at the Grove Cove Aquatic Center. Use that pass anytime this summer to practice skills and have fun in the Grove Cove pools!

REGISTRATION

To register, please fill out the enclosed registration form COMPLETELY, including any VISA/MC/Discover information or a personal check made payable to Maple Grove Parks & Recreation. You may photocopy the registration form, or obtain another one from your Kidstop or Cosmic Club site, if you have multiple children to register. Each child needs their own registration form. Any class that does not meet the minimum number of 20 registrants one week before the class starts may be cancelled. Maximum class registration is 35. During each class time, students will be divided into small groups according to levels. On your registration form, please list the people who are authorized to pick up your child from MGMS. Anyone picking up a child will need to show identification and be listed on the form.

PLEASE DO NOT RETURN YOUR FORM TO YOUR KIDSTOP SITE!

You may **fax** your registration to Maple Grove Parks & Recreation at (763) 494-6456, **deliver it in person** to the Maple Grove Community Center front desk, or **mail** it to the following address:

Maple Grove Parks & Recreation
12951 Weaver Lake Road
Maple Grove, MN 55369

MORE INFORMATION

If you have questions about the Learn to Swim program, please contact Adrienne Vassar, Aquatic Coordinator, by phone at (763) 494-6493 or by email at avassar@maplegrovern.gov.

Thank you for your interest in the Maple Grove Parks & Recreation Learn to Swim program! We are excited to offer this opportunity and are looking forward to a successful Summer 2019!