

REGISTRATION INFORMATION AND CLASS FEES

Registration will be in person on a
first-come, first served basis

**Monday, September 22, 7-8 p.m. at
Plymouth and Sandburg Middle Schools.**

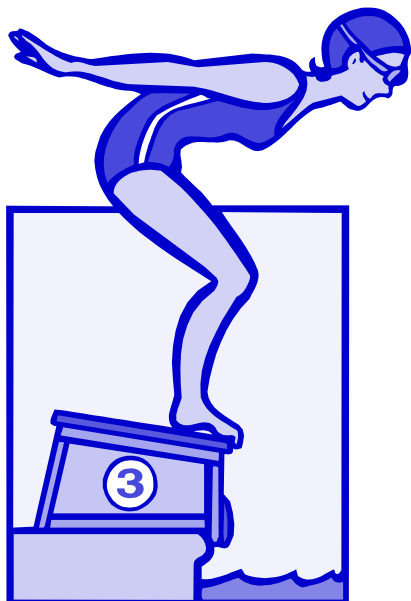
**COME EARLY to get the
class/time of your choice.**

Bring any questions you have to registration.
Students register at the school where they will take
lessons. The **non-refundable** fee is **\$50 for 10
45 minute lessons**. Students are asked to
provide proof of last level passed.

Late Registration

Call the pool coordinator's
voice mail message

763-504-8216 Sandburg



Sandburg Middle School

2400 Sandburg Lane

Alan Goodwin, Pool Director

763-504-8216

Evening Lessons

Registration

Monday, September 22

Monday, beginning September 29

6:30 - 7:15	Levels 1, 2, 3, 4, 5
7:30 - 8:15	Levels 1, 2, 3, 5, 6, 7

Wednesday, beginning October 1

Water Adaptability 6:30-7:00 p.m.	
6:30 - 7:15	Levels 1, 2, 3, 4, 5
7:30 - 8:15	Levels 1, 2, 3, 5, 6, 7

**Sandburg Middle School
Competitive Swimming—3-4:30 p.m.**

**Cooper High School
Competitive Swimming—4:30-6:30 p.m.**

SYNCHRONIZED SWIMMING

Developing young swimmers
Thursday Nights 6:30 - 8:30

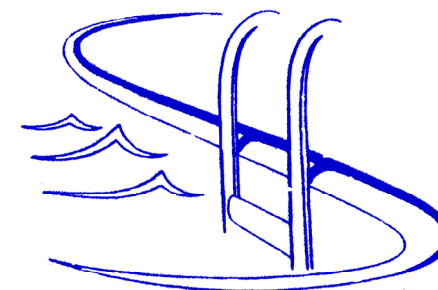
**No classes—week of
November 24-28**

Thanksgiving Holiday



Robbinsdale Area Schools

Fall 2008 Swimming Program



**Plymouth
Sandburg**



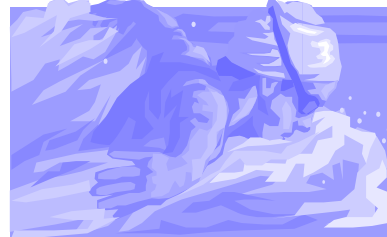
CLASS DESCRIPTIONS

WATER ADAPTABILITY Parents are required to be in the water with their children to provide instruction at direction of the teacher. Offered only if there is sufficient demand. Children under age 4 must have water diapers. **Sandburg only.**

- 1. WATER EXPLORATION (Beginner, first level)** Breath holding, rhythmic breathing, prone and back float and glide, flutter kick, arm crawl stroke, jump into water (chest deep).
- 2. PRIMARY SKILLS (Beginner, second level)** Flutter kick (review), total crawl stroke (25 yards), (including proper rhythmic breathing), backstroke (25 yards), jump into deep water, front dive from deck, combined test.
- 3. STROKE READINESS (Advanced beginner)** Crawl stroke (front and back) and elementary backstroke (50 yards each), breath control, underwater swim, tread water, jump off diving board, rescue techniques (non-swimming).
- 4. STROKE DEVELOPMENT (Intermediate)** Crawl stroke (front and back) and elementary back stroke (100 yards each), scissor kick, side stroke 50 yards, breast stroke kick, breast stroke 50 yards, float, tread water, standing front dive (off board), five-minute swim (with all strokes).
- 5. STROKE REFINEMENT (Swimmer)** Crawl stroke, backstroke, side stroke, breast stroke (100 yards each), flutter kick front and back 50 yards, surface dive to recover brick, butterfly stroke 25 yards, long shallow dive, 10-minute swim (all strokes).

- 6. SKILL PROFICIENCY** Front crawl, 200 yard back crawl, side stroke, breast stroke 100 yards with turns, butterfly stroke 25 yards, 20-minute swim, open turns, spinal injury rescue.
- 7. ADVANCED SKILLS (Second level Swimmer)** This is for the student who wants to continue swimming but is not ready for advanced classes. Basic rescue, competitive strokes and skin diving will be practiced.
- 8. Plymouth and Sandburg Pools will offer LIFEGUARD TRAINING** Red Cross Certification course (requires a minimum of 6 people registered). **Thirty-five hours of instruction—\$150.** A pretest will be given to each student. Minimum age is 15 years. **Site of course—Plymouth Middle School**

Have fun while you learn to swim!



REGISTRATION INFORMATION AND CLASS FEES

Registration will be in person on a first-come, first served basis

Monday, September 22, 7-8 p.m. at Plymouth and Sandburg Middle Schools.

COME EARLY to get the class/time of your choice.

Bring any questions you have to registration. Students register at the school where they will take lessons. The **non-refundable** fee is **\$50 for 10 45 minute lessons.** Students are asked to provide proof of last level passed.

PLYMOUTH MIDDLE SCHOOL

RECREATIONAL SWIMMING FAMILY SWIMMING LAP SWIMMING

(except on holidays as designated)

Wednesday 7:30-9 p.m. Plymouth Middle School

Recreational-family-lap swimming fee is \$2.00 per hour per person. Yearly passes are available.

\$30 one-person

\$40 two-person

\$45 family

Open to community reservations. Please call the pool coordinator for more information.

Late Registration

Call the pool coordinator's voice mail message

763-504-7116 Plymouth

Plymouth Middle School

10011 36th Avenue North
Earle Anderson, Pool Director
763-504-7116

Evening Lessons

Registration

**Monday, September 22
from 7-8 p.m.**

Tuesday, Beginning September 30

6:30 - 7:15 Levels 1, 2, 3, 4, 5
7:30 - 8:15 Levels 1, 2, 3, 4, 5, 6, 7

Thursday, Beginning October 2

6:30 - 7:15 Levels 1, 2, 3, 4, 5
7:30 - 8:15 Levels 1, 2, 3, 4, 5, 6, 7

**Plymouth Middle School
Competitive Swimming—3-4:30 p.m.**

**Armstrong High School
Competitive Swimming—4:30-6:30 p.m.**



**No classes—week of
November 24-28**

Thanksgiving Holiday