

2018-2019 AMERICAN RED CROSS SWIMMING LEVEL DESCRIPTIONS

The American Red Cross Swimming Program teaches people of all ages and various abilities to swim and be safe in, on and around water. ARC classes take an inclusive approach that emphasizes skill development in conjunction with water safety and drowning prevention education.

PARENT AND CHILD AQUATICS (6 mo. - 3 yrs.): Familiarize children with the water and teach swimming readiness skills, provides safety information for parents, and teach parents techniques they can use to help orient their children to the water.

Mon & Thurs. nights 5:30-6:00 pm for 4 Weeks: Oct. 15 – Nov. 8 / Apr. 22 – May 16

PREP 1: For children 3-4 years old who have little or no previous water experience. The purpose is to facilitate developmentally appropriate learning of fundamental water safety and water skills. Parents may accompany their child in the water but are not required to.

Mon. nights 5:30-6:15 pm for 5 Weeks: Sept. 10 – Oct. 8 / Nov. 16 – Dec. 17 / Feb. 11 – Mar. 11

LEVEL 1 Introduction to Water Skills: Introduces basic aquatic skills, which participants continue to build on as they progress through Learn-to Swim. Participants start developing positive attitudes, effective swimming habits and safe practices in and around water.

Thurs. nights 5:30-6:15 pm for 5 Weeks: Sept. 13 – Oct. 11 / Feb. 14 – Mar. 14

Mon. nights 5:30-6:15 pm for 5 Weeks: Jan. 7 – Feb. 4 / Mar. 18 – Apr. 15

LEVEL 2 Fundamental Aquatic Skills: Give students success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes.

Mon. & Thurs. nights 6:30-7:15 pm for 4 Weeks: Sept. 10 – Oct. 4 / Feb. 11 – Mar. 7

Thurs. nights 5:30-6:15 pm for 5 Weeks: Jan. 10 – Feb. 7 / Mar. 21 - Apr. 18

LEVEL 3 Stroke Development: Expand proficiency of previously learned skills by providing additional guided practice. Participants learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. Introduce the scissors and dolphin kicks and extend the time and duration for treading water. Learn to enter the water headfirst from a seated position at poolside.

Mon. & Thurs. nights 6:30-7:15 pm for 4 Weeks: Oct. 15 – Nov. 8 / Mar. 18 – Apr. 11

LEVEL 4 Stroke Improvement: Participants improve their aquatic skills and increase their endurance by swimming the strokes learned in level 3 (i.e. front crawl, elementary backstroke) for greater distance and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at the wall.

Mon. & Thurs. nights 6:30-7:15pm for 4 Weeks: Nov. 19 – Dec. 17 (closed Nov. 24) / Apr. 22 – May 16

LEVEL 5 Stroke Refinement: Participants refine their performance of all six strokes (i.e. front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidekick) and increase the distances that they swim. Participants also learn to perform flip turns on the front and back.

Mon. & Thurs. nights 6:30-7:15 pm for 4 Weeks: Jan. 7 – Jan. 31

Level 6 – Personal Water Safety: Refines the strokes so participants swim them with greater efficiency and effectiveness over longer distances.

Mon. & Thurs. nights 6:30-7:15 pm for 4 Weeks: Jan. 7 – Jan. 31

ONLINE CLASS REGISTRATION:

www.activityreg.com

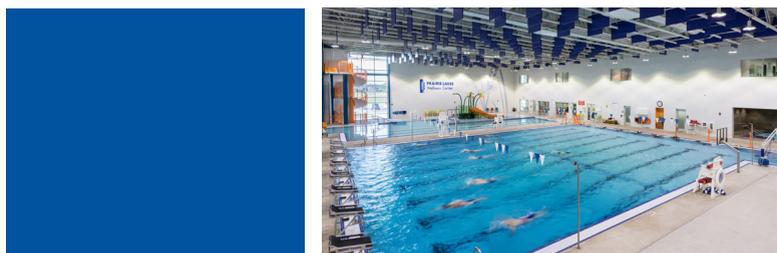
SWIM LESSON FEES

	MEMBERS	NON-MEMBERS
Parent/Child Aquatics	\$33.02	\$40.47
Prep 1	\$33.02	\$40.47
Level 1	\$33.02	\$40.47
Level 2-6	\$40.47	\$46.86

AQUATICS



PRAIRIE LAKES Wellness Center



PROVIDING FITNESS FOR LIFE

www.plwc.life

AQUATIC FITNESS

DEEP AQUA FITNESS

Go deep for a challenging workout that incorporates high intensity, non-impact exercises to improve cardiovascular strength and conditioning by changing the speed, force and power of the movement through the water. Our goal is to provide variations so everyone can achieve an individual and personalized workout. This class is excellent for cross training.

CLASSES: Tues & Thurs | 5:45-6:45am (High Intensity)

CLASSES: Mon, Wed & Fri | 8:00-9:00am

CLASSES: Tues & Thurs | 5:30-6:30pm

SHALLOW AQUA FITNESS

Fitness applied to shallow water workouts. These classes combine segments of cardio and strength training using intervals and water resistance equipment. They focus on improving cardiovascular endurance and stamina, strengthening major muscle groups and improving joint flexibility. Classes will accommodate all levels of fitness and challenge everyone individually.

CLASSES: Mon, Wed & Fri | 7:00-8:00am

CLASSES: Mon, Wed & Fri | 9:00-10:00am

CLASSES: Tues & Thurs | 5:30-6:30pm

AQUA CARDIO BARRE MIX

This low-impact workout will strengthen and elongate muscles through small isolated movements, repetitive weights and sections of quick cardio to boost your heart rate. Some moves will be brand new while others are a twist on familiar exercises. All workouts are followed by a much needed deep stretch. You'll be challenged while working against the water's resistance. This class is suitable for all physical levels.

CLASSES: First Saturday of Every Month | 9:15-10:15am

CLASSES: Alternating Thurs. | 5:30-6:30pm

AQUATIC FITNESS CLASS FEES

Water exercise classes are included in Fitness Plus Membership. If you have a Basic Fitness Membership, you may upgrade or pay an additional \$20 a month for unlimited classes.

HANDICAP ACCESSIBLE

AQUATIC PROGRAMING CONTACT

Jodi Hemiller, Aquatics Coordinator

jhemiller@watertownsd.us

LIFEGUARD TRAINING COURSES

The purpose of lifeguard training courses is to teach the knowledge and skills needed to help prevent and respond to aquatic emergencies. Upon successful completion of course, students will receive certification in Lifeguard Training, First Aid, CPR/AED for the Professional Rescuer. Cost includes books, face mask, fanny pack and whistle. Mandatory attendance at all class sessions.

PREREQUISITES: 15 years of age and pass a precourse swim test.

DATES: TBD

For more information, call Jodi at 882-6250.

WATER SAFETY INSTRUCTOR COURSE

The purpose of the American Red Cross WSI course is to train instructor candidates to teach children and adults water safety, survival and swimming skills. Upon successful completion of the WSI Course, instructors will be certified to teach Parent and Child Aquatics, Preschool Aquatics, 6 levels of Learn-to-Swim, Adult Swim, Water Safety Courses and Presentations. Mandatory attendance at all class sessions.

PREREQUISITES: 16 years of age; pass precourse water skills test.

DATES: TBD

For more information, call Jodi at 882-6250.

SCUBA

Come and join us in the underwater world of excitement and adventure! Mick's SCUBA, from Moorehead, Minnesota, offers quality professional instructors. This course is complete with classroom and pool instruction and does lead to international P.A.D.I. certification upon completion of four open water dives. All necessary equipment is furnished during pool sessions. If interested in this class, you need to get a manual to review and study prior to the class. Basic swimming skills are needed.

DATES: November 9-11

COST: Member: \$200.00 (plus tax)

Non-member: \$225.00 (plus tax)

*The manual fee and a \$50.00 deposit are required prior to the class.

For more information, call: 1-800-285-3483 or Jodi at 882-6250
email: duane@micksscuba.com

School Swim Unit: Sept. 24 - Oct. 18

During this time, 3 Lane Leisure Pool will be open until 4 pm. Dates Swim Unit will not be here: Sept. 26, Oct. 4-5, 8, 11 / Lap swim will be regular hours 10 am – 1 pm.

PRAIRIE LAKES WELLNESS CENTER POOL SCHEDULE

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday					
	Comp	Leisure	Zero	Comp	Leisure	Zero	Comp	Leisure	Zero	Comp	Leisure	Zero	Comp	Leisure	Zero	Comp	Leisure	Zero	Comp	Leisure	Zero			
5:00am		SAOR			SAOR			SAOR			SAOR			SAOR										
5:30am	Adult Lap Swim - Lifeguard 5:30am - 7:00am			DW			Adult Lap Swim - Lifeguard 5:30am - 7:00am			DW			Adult Lap Swim - Lifeguard 5:30am - 7:00am			Adult Lap Swim - Lifeguard 5:30am - 7:00am			Adult Lap Swim - Lifeguard 5:30am - 7:00am			Adult Lap Swim - Lifeguard 5:30am - 7:00am		
6:00am																								
6:30am																								
7:00am	Shallow Water	SAOR 7am - 10am			SAOR 7am - 10am		Shallow Water	SAOR 7am - 10am			SAOR 7am - 10am		Shallow Water	SAOR 7am - 10am			SAOR 7am - 10am			SAOR 7am - 10am				
7:30am	Deep Water																							
8:00am	Deep Water																							
8:30am	Shallow Water	Pre-School 8:30 am - 10am			Pre-School 8:30 am - 10am		Shallow Water	Pre-School 8:30 am - 10am			Pre-School 8:30 am - 10am		Shallow Water	Pre-School 8:30 am - 10am			Pre-School 8:30 am - 10am			Pre-School 8:30 am - 10am				
9:00am	Deep Water																							
9:30am	Deep Water																							
10:00am	Adult Lap Swim - Lifeguard 10:00am - 1:00pm																							
10:30am	Adult Lap Swim - Lifeguard 10:00am - 1:00pm																							
11:00am	Adult Lap Swim - Lifeguard 10:00am - 1:00pm																							
11:30am	Adult Lap Swim - Lifeguard 10:00am - 1:00pm																							
12:00pm	Adult Swim 12pm - 1pm			Lil' Splashers B-Day Party			Adult Swim 12pm - 1pm			Lil' Splashers B-Day Party			Adult Swim 12pm - 1pm			Lil' Splashers B-Day Party								
12:30pm	Adult Swim 12pm - 1pm			Lil' Splashers B-Day Party			Adult Swim 12pm - 1pm			Lil' Splashers B-Day Party			Adult Swim 12pm - 1pm			Lil' Splashers B-Day Party								
1:00pm		SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm				
1:30pm																								
2:00pm																								
2:30pm		SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm			SAOR 1-4:00pm				
3:00pm																								
3:30pm																								
4:00pm	Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm								
4:30pm	Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm								
5:00pm	Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm			Swim Team 4:00pm - 5:30pm								
5:30pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Water Aerobics	Lap Swim 5:30pm - 6:30pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 8pm	Water Aerobics	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 9pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 9pm		
6:00pm																								
6:30pm																								
7:00pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Water Aerobics	Lap Swim 5:30pm - 6:30pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 8pm	Water Aerobics	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 9pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 9pm		
7:30pm																								
8:00pm																								
8:30pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Water Aerobics	Lap Swim 5:30pm - 6:30pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 8pm	Water Aerobics	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 9pm	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Lap Swim / Lessons 5:30pm - 7:15pm	Lessons	Swim Team (4 Lanes) 5:30 pm - 9:00pm	Adult Lap Swim (4 Lanes) 5:30pm - 9:00pm	Open Swim 5:30pm - 9pm		
8:00pm																								
8:30pm																								

COLOR KEY:

- Adult Lap Swim
- Open Swim
- Family Swim
- Swim At Own Risk
- Water Exercise Classes
- Lessons / Pre-School Swim / Birthday Parties
- Swim Team

ADULT LAP SWIM

This is a special block of time reserved for lap swimmers who enjoy a quiet and peaceful atmosphere. Participants must be 16 years or older to use the pool during this time. There are always 4 lanes in the competitive pool available for lap swim.

OPEN SWIM

Open Swim is the perfect place for kids to burn off their energy in our zero entry play zone area and shallow water leisure pools. Both slides are open during this time. Youth in 4th grade or older may access the pool without a parent. Youth 3rd grade or younger must be accompanied by a parent or guardian 16 years or older. No life jackets allowed.

FAMILY SWIM

This is a great time for your family to enjoy quality time together. Basketballs, volleyballs, kickboards and fun noodles are available for use. Both slides are open during this time. A parent or guardian must accompany children in pool area. No life jackets allowed.
* Please note a family consists of parent(s) or guardian(s) with their children.

WHIRLPOOL, SAUNAS & STEAMROOM

Whirlpool and saunas are available to members and facility day pass users who are out of high school. Those not out of high school must be accompanied by a parent or guardian. Children 2 years of age and under are not allowed in whirlpool.

SWIM AT OWN RISK

A time when the 3 lane leisure pool (3.5-5ft) is open for members 18 years and older to use with **no lifeguard is on duty**. All members must sign a Release and Waiver of Liability Form prior to using the pool. The use of the competitive and zero-entry pool at this time is not permitted. Please see front desk or aquatics director for details.

PRESCHOOL POOL TIME

Pool time for parents and small children (48" inches and shorter), to swim in our zero-entry splash pool only. Tuesday & Thursday mornings 8:30-10am. Lifeguard on duty.