

YOUTH SWIM FALL 2018

ALL CLASSES HELD AT
FAIRVIEW COMMUNITY CENTER POOL



FALL LESSON SCHEDULE

Monday Sept 24-Nov 12
Wednesday Sept 26-Nov 28
Thursday Sept 20-Nov 15
Saturday Sept 22-Nov 17

No class Oct 17, 18, 20, 31, and Nov 21

Winter Youth Lesson Schedule
distributed in Roseville Area
Schools in December

RED CROSS YOUTH SWIM LESSONS 5-14 YEARS - FALL 2018

If children are registered in the wrong class level, they will not be allowed to remain in the class and will be moved to the correct level if space is available. To have the level tested prior to registration, call 651.604.3770 for testing times and procedures.

BEGINNER I (Same As Red Cross 1-2)

Students learn to float and kick on front and back, jump into deep water, swim beginner stroke, roll over, and kick on back.

BEGINNER II (Same As Red Cross 3)

Prerequisite: Passing of Beginner I
New Skills: Front crawl with rhythmic breathing, elementary backstroke, treading water, and sitting dive.

ADVANCED BEGINNER A

(Same As Red Cross 4)
Prerequisite: Passing of Beginner II
New Skills: Back crawl, breaststroke, scissors, and dolphin kick.

ADVANCED BEGINNER B

(Same As Red Cross 4)
Prerequisite: Passing of Adv. Beginner A.
New Skills: Breaststroke, butterfly, and sidestroke.

INTERMEDIATE (Same As Red Cross 5)

Prerequisite: Passing of Adv. Beginner B.
New Skills: Tuck and pike surface dives, flip turns, and butterfly.

SWIMMER (Same As Red Cross 6)

Prerequisite: Passing of Intermediate
New Skills: Personal water safety skills, turns, and strong emphasis on endurance and stroke refinement.

DAY	TIME	COURSE OFFERINGS			PRICE
Sat	10:00-10:45AM	Beg I #81-F1	Beg II #82-F1	Adv Beg A #83-F1	\$64
Sat	10:55-11:40AM	Beg I #81-F2	Beg II #82-F2	Adv Beg B #84-F1	\$64
Mon	4:35-5:20PM	Beg I #81-F8			\$64
Mon	5:30-6:15PM	Beg I #81-F3	Beg II #82-F3	Adv Beg B #84-F2	\$64
Mon	6:25-7:10PM	Beg I #81-F4	Beg II #82-F4	Adv Beg A #83-F2	Swim #86-F1 \$64
Wed	4:40-5:25PM	Beg I #81-F9	Beg II #82-F8		\$56
Wed	5:35-6:20PM	Beg I #81-F5		Adv Beg A #83-F3	\$56
Wed	6:30-7:15PM		Beg II #82-F5	Adv Beg B #84-F3	\$56
Thur	5:15-6:00PM	Beg I #81-F6	Beg II #82-F6	Adv Beg A #83-F4	\$64
Thur	6:10-6:55PM	Beg I #81-F7	Beg II #82-F7		Inter #85-F1 \$64

TOTS - PARENT IN WATER 9 MONTHS-3 YEARS

Children are accompanied by a parent or adult and learn to enjoy the water. Minimum one adult in water per child.

PREK - PARENT IN WATER 3-5 YEARS

Children are accompanied by a parent or adult to work on water adjustment and basic swimming skills: blowing bubbles, kicking, and arm paddling. Minimum one adult in water per child.

FALL SCHEDULE *No class Oct 18, 20 and Nov 6*

CLASS	DATE	TIME	DAY	\$
#80-F1	Sept 22-Nov 17	9:00-9:25AM	Saturday	\$53
#80-F2	Sept 25-Nov 13	7:00-7:25PM	Tuesday	\$47
#80-F3	Sept 20-Nov 15	9:20-9:45AM	Thursday	\$53
#80-F6	Sept 24-Nov 12	8:00-8:25AM	Monday	\$53

WINTER SCHEDULE

#80-F11	Jan 12-Feb 23	9:00-9:25AM	Saturday	\$47
#80-F7	Jan 8-Feb 19	7:00-7:25PM	Tuesday	\$47
#80-F8	Jan 10-Feb 21	9:20-9:45AM	Thursday	\$47

FALL SCHEDULE *No class Oct 18, 20 and Nov 6*

CLASS	DATE	TIME	DAY	\$
#80-F4	Sept 22-Nov 17	9:30-9:55AM	Saturday	\$53
#80-F5	Sept 25-Nov 13	7:30-7:55PM	Tuesday	\$47
#80-F3	Sept 20-Nov 15	9:20-9:45AM	Thursday	\$53
#80-F6	Sept 24-Nov 12	8:00-8:25AM	Monday	\$53

WINTER SCHEDULE

#80-F9	Jan 12-Feb 23	9:30-9:55AM	Saturday	\$47
#80-F10	Jan 8-Feb 19	7:30-7:55PM	Tuesday	\$47
#80-F8	Jan 10-Feb 21	9:20-9:45AM	Tuesday	\$47

ADULT SWIM FALL 2018

ADULT BEGINNER LESSONS 15 YEARS & OLDER

Lessons for teens and adults who can't swim or fear the water and those with basic swimming skills wishing to refine them.

FALL SCHEDULE (No class Nov 6)

CLASS	DATE	TIME	DAY	\$
#92-F1	Sept 25-Nov 13	6:05-6:50PM	Tuesday	\$56

WINTER SCHEDULE

#92-F2	Jan 8-Feb 19	6:05-6:50PM	Tuesday	\$56
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SWIMNASTICS

A variety of water exercise including some fast-paced, wall exercises, balance improvement, stretching, and toning. You must be able to maintain balance without assistance for the duration of the class time.

CLASS	DATE	TIME	DAY	\$	SENIOR
FALL SCHEDULE (No class Oct 17, 18, Nov 6, & 22)					
#90-F1	Sept 10-Oct 22	8:30-9:15AM	Mon	\$46.20	\$41.60
#90-F1X	Oct 29-Dec 10	8:30-9:15AM	Mon	\$46.20	\$41.60
#90-F2	Sept 4-Oct 23	8:30-9:15AM	Tue	\$52.80	\$47.50
#90-F2X	Oct 30-Dec 11	8:30-9:15AM	Tue	\$39.60	\$35.65
#90-F3	Sept 4-Oct 23	9:20-10:05AM	Tue	\$52.80	\$47.50
#90-F3X	Oct 30-Dec 11	9:20-10:05AM	Tue	\$39.60	\$35.65
#90-F4	Sept 5-Oct 24	8:30-9:15AM	Wed	\$46.20	\$41.60
#90-F4X	Oct 31-Dec 12	8:30-9:15AM	Wed	\$46.20	\$41.60
#90-F5	Sept 6-Oct 25	8:30-9:15AM	Thu	\$46.20	\$41.60
#90-F5X	Nov 1-Dec 13	8:30-9:15AM	Thu	\$39.60	\$35.65
#90-F6	Sept 24-Nov 12	7:15-8:00PM	Mon	\$52.80	\$47.50

CRANKY HINGES

This class is slow-paced water exercise. Participants will focus on increasing range of motion, flexibility, and mobility. You must be able to maintain balance without assistance for the duration of the class.

CLASS	DATE	TIME	DAY	\$	SENIOR
FALL SCHEDULE (No class Oct 17)					
#91-F1	Sept 5-Oct 24	9:30-10:00AM	Mon & Wed	\$62.00	\$55.80
#91-F1X	Oct 29-Dec 12	9:30-10:00AM	Mon & Wed	\$62.00	\$55.80

LAP SWIM (Pool closed Sept 3, Oct 18-20, Nov 22-24, Dec 24, 25, 31. No evening lap swim on Aug 21, 28, Sept 4, 11, Nov 6.)

Pay on the pool deck.

DAY	DATE	TIME	OVER 18	UNDER 18 & OVER 60
FALL SCHEDULE				
M, W, F	Aug 20-Dec 28	6:30-8:00AM	\$4.75/Session or \$20/5	\$4.25/Session or \$18.50/5
M, T, W, F	Aug 20-Dec 28	11:30AM-12:30PM	\$4.75/Session or \$20/5	\$4.25/Session or \$18.50/5
T, TH	Aug 23-Dec 20	8:00-9:00PM	\$4.75/Session or \$20/5	\$4.25/Session or \$18.50/5

OPEN SWIM (Pool closed Sept 3, Oct 18-20, Nov 22-24, Dec 24, 25, 31.)

Pay on the pool deck. Parents must accompany children under 4' tall in pool.

DAY	DATE	TIME	OVER 18	UNDER 18 & OVER 60
M,T,W,F	Aug 20-Dec 28	10:15-11:15AM	\$4.75/Session or \$20/5	\$4.25/Session or \$18.50/5
Th	Aug 23-Dec 20	7:00-8:00PM	\$4.75/Session or \$20/5	\$4.25/Session or \$18.50/5
Sat	Sept 22-Nov 17	11:45AM-1:00PM	\$4.75/Session or \$20/5	\$4.25/Session or \$18.50/5
T	Nov 27-Dec 11	7:00-8:00PM	\$4.75/Session or \$20/5	\$4.25/Session or \$18.50/5

**CALL 651.604.3770
FOR INFO ON PRIVATE
SWIM LESSONS**

SILVERSNEAKERS® & SILVER&FIT®

SilverSneakers and Silver&Fit members are able to participate in Lap or Open Swim at no cost. Please present your program card to the lifeguard on deck when participating.