

# YOUTH SWIM FALL 2021

ALL CLASSES AT  
ANPÉTU TÉÇA EDUCATION CENTER POOL  
1910 COUNTY RD B WEST  
ROSEVILLE, MN 55113

## FALL LESSON SCHEDULE

*No class Nov 24, 25*

<b>Monday</b>	<b>Nov 1-Dec 13</b>
<b>Tuesday</b>	<b>Nov 9-Dec 14</b>
<b>Wednesday</b>	<b>Nov 3-Dec 15</b>
<b>Thursday</b>	<b>Nov 11-Dec 16</b>

## TOTS - PARENT IN WATER 9 MONTHS-3 YEARS

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

### WINTER SCHEDULE

CLASS	DATE	TIME	DAY	\$
#80-F1	Nov 11-Dec 16	9:20-9:45AM	Thursday	\$47
#80-F2	Nov 11-Dec 16	5:20-5:45PM	Thursday	\$47
#80-F3	Nov 11-Dec 16	6:20-6:45PM	Thursday	\$47

## 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. One adult in water per child.

### WINTER SCHEDULE

CLASS	DATE	TIME	DAY	\$
#80-F1	Nov 11-Dec 16	9:20-9:45AM	Thursday	\$47
#80-F5	Nov 11-Dec 16	5:50-6:15PM	Thursday	\$47
#80-F3	Nov 11-Dec 16	6:20-6:45PM	Thursday	\$47

## RED CROSS YOUTH SWIM LESSONS 5-14 YEARS - FALL 2021

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, and treading water.

### 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. INTER & SW will be offered in future session.

### 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
Mon	4:30-5:10PM	Beg I #81-F1			\$90
Mon	5:20-6:00PM		Beg II #82-F1	Adv Beg A #83-F1	\$90
Mon	6:10-6:50PM	Beg I #81-F2	Beg II #82-F2		\$90
Tues	4:45-5:25PM	Beg I #81-F3	Beg II #82-F3		\$77
Tues	5:35-6:15PM	Beg I #81-F4	Beg II #82-F4		\$77
Tues	6:25-7:05PM	Beg I #81-F5		Adv Beg B #84-F1	\$77
Wed	5:30-6:10PM	Beg I #81-F6			\$77
Wed	6:20-7:00PM		Beg II #82-F5		\$77

# ADULT SWIM FALL 2021

## 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	\$
<b>FALL SCHEDULE (No class Nov 25)</b>				
#90-F7	Nov 1-Dec 13	8:30-9:15AM	Mon	\$57
#90-F8	Nov 2-Dec 14	8:45-9:30AM	Tue	\$57
#90-F9	Nov 4-Dec 16	8:30-9:15AM	Thu	\$49

## 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	\$
<b>FALL SCHEDULE</b>				
#91-F2	Nov 1-Dec 15	9:30-10:00AM	Mon&Wed	\$75

## LAP SWIM (No swim Nov 25, 26; Dec 23, 24, 30, 31)

Pay on the pool deck. Schedule subject to change.

DAY	DATE	TIME	\$
<b>FALL SCHEDULE</b>			
M, W, F	Nov 1-Dec 29	6:30-8:00AM	\$6/Session or \$25/5
T	Nov 2-Dec 28	11:00AM-12:00PM	\$6/Session or \$25/5
Th	Nov 4-Dec 16	8:00-9:00PM	\$6/Session or \$25/5

## OPEN SWIM (No swim Nov 25, 26; Dec 23, 24, 30, 31)

Pay on the pool deck. Parents must accompany children under 4' tall in pool. Schedule subject to change.

DAY	DATE	TIME	\$
M	Nov 1-Dec 27	10:15-11:15AM	\$6/Session or \$25/5
T	Nov 2-Dec 28	9:45-10:45AM	\$6/Session or \$25/5
W, F	Nov 3-Dec 29	8:15-9:15AM	\$6/Session or \$25/5
Th	Nov 4-Dec 16	7:00-8:00PM	\$6/Session or \$25/5

## SILVERSNEAKERS® & SILVER&FIT®

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

# REGISTRATION INFORMATION

3 WAYS TO REGISTER  
ONLINE  
[www.isd623.ce.eleyo.com](http://www.isd623.ce.eleyo.com)

MAIL  
Mail registration form  
along with payment to:  
**Anpétu Téča**  
**Education Center**  
**CE Registration Office**  
**1910 County Road B West**  
**Roseville, MN 55113**

WALK-IN  
M-F 7:30AM-4:00PM

CALL 651-604-3770  
with any questions

## CLASS CONFIRMATION

Assume you are in the class you registered for unless you hear from us. You will receive an email confirmation if you registered online or if you provided an email address on the registration form.

## REGISTER EARLY

Many sessions fill quickly. Sessions will be canceled the week prior to the start date if sufficient enrollment is not received. Help us avoid the disappointment of class cancellations by registering early.

## CANCELLATION POLICIES

You will receive a phone call and/or an email notification if Community Education cancels a class along with a full refund. If you need to cancel a class, in order to receive a refund, you must notify us at least a week prior to the class. We will issue a refund minus a \$5 service charge. Weather related cancellations will be announced on local TV stations. If Roseville Area Schools are closed, all enrichment classes and activities are canceled for the day. Refunds are not issued for classes canceled to due weather.

## UCARE MN

UCare MN members may take a discount of up to \$15/year. Members must be on UCare at the time of registration and need to include their member ID on the registration. Some limitations may apply.

## SATISFACTION GUARANTEED

If you enjoyed a class, please spread the word! If you are not satisfied with a class, please call us at **651-604-3770**.

Parent Name \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Mobile/Page \_\_\_\_\_  
Emergency Phone \_\_\_\_\_ Other \_\_\_\_\_  
Email Address \_\_\_\_\_

### Participant 1

Full Name \_\_\_\_\_ Male Female Birthdate \_\_\_\_\_  
1<sup>st</sup> Choice/Class # \_\_\_\_\_ Title \_\_\_\_\_ Dates \_\_\_\_\_ Time \_\_\_\_\_ \$ \_\_\_\_\_  
2<sup>nd</sup> Choice/Class # \_\_\_\_\_ Title \_\_\_\_\_ Dates \_\_\_\_\_ Time \_\_\_\_\_ \$ \_\_\_\_\_

### Participant 2

Full Name \_\_\_\_\_ Male Female Birthdate \_\_\_\_\_  
1<sup>st</sup> Choice/Class # \_\_\_\_\_ Title \_\_\_\_\_ Dates \_\_\_\_\_ Time \_\_\_\_\_ \$ \_\_\_\_\_  
2<sup>nd</sup> Choice/Class # \_\_\_\_\_ Title \_\_\_\_\_ Dates \_\_\_\_\_ Time \_\_\_\_\_ \$ \_\_\_\_\_

### Special Health Concerns (allergies, etc.)

By registering, I acknowledge that this activity has potential dangers to it and my involvement is voluntary. In order to participate in this activity, I agree to hold Roseville Area Schools harmless and I waive any right to make any claim against the school district or anyone working on behalf of the school district for any injuries or damages related to participation in this class.

Discounts UCare ID# \_\_\_\_\_ UCare MemberDiscount \$ \_\_\_\_\_

Total Registration Amount \$ \_\_\_\_\_

### Payment Method

Cash Check (Payable to Roseville Area Schools) Credit Card (please fill out info below)

Name on Card \_\_\_\_\_ Credit Card number \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_ 3 Digit Security Code \_\_\_\_\_

Authorized Signature \_\_\_\_\_ Date \_\_\_\_\_