

SPLASH PALS SWIM SCHOOL (Ages 4-12)

Many kids with Autism Spectrum Disorders LOVE the water, but a busy pool full of kids taking swimming lessons can be an overwhelming place. Splash Pals Swim School is designed to meet the needs of kids with ASD who want to learn to swim. Lessons are held at quiet times in the pool to minimize the sensory overload and distractions. Children will receive 1:1 instruction with time in each class for group activities and games. Lessons will follow the American Red Cross class format at each child's pace. Detailed picture schedules breaking down each skill will be used as needed. Each child will receive a progress card at the end of each session.

Contact Jen Gillard (763) 315-8459 or Jenny Kordon (763) 493-8373 if you are a first time participant in Splash Pals Swim School. **NEW REGISTRATION PROCEDURE FOR SPLASH PALS!** Due to the high demand for Splash Pals, we will be doing a registration lottery. To enter into the lottery, you need to call, mail-in or go online to **sign up for the lotteries by the below dates.** At that time, we will draw for the spots in the class and if your name is drawn, you will be called to register for the class. All others will be left on the waitlist. **LIMITED REGISTRATION. You can only register for 1 class per session but you can be on both waitlists/lotteries.**

WINTER SESSION

(sign up by Dec. 29 for registration lottery)

THURSDAYS, Brooklyn Junior High, \$75/\$90

Jan 21-Mar 11 5:30-6pm #421000.01

(No Feb 4)

MONDAYS, Brooklyn Junior High, \$75/\$90

Jan 25-Mar 15 5:30-6pm #421000.02

(No Feb 15)

EARLY SPRING SESSION

(sign up by March 2 for registration lottery)

MONDAYS, Brooklyn Junior High, \$75/\$90

Mar 22-May 10 5:30-6pm #421000.03

(No March 29)

THURSDAYS, Jackson Middle School, \$75/\$90

Mar 25-May 13 5:30-6pm #421000.04

(No April 1)

LATE SPRING SESSION

(sign up by May 4 for registration lottery)

TUESDAY AND THURSDAY

Jackson Middle School, \$85/\$102

May 18-June 10 4:15-4:45pm #621000.01

INCLUSION INTO SWIMMING LESSONS

If your child has a disability, behavior concern, or is currently being assessed, it is very important that you notify us when you register. The pool is a unique environment that can bring out many behaviors, both positive and negative, that may not be present in other settings. In our efforts to provide the best possible swimming experience for your child, you must register 1-2 weeks prior to the start of each session to allow adequate time to make any necessary accommodations. Examples of accommodations include adjusting staff to child ratios, providing 1:1 supports, use of picture schedules, and modification of strokes. Children with disabilities or other concerns will NOT be excluded from swimming lessons, however, those registering less than a week prior to the session cannot be guaranteed inclusion services at the beginning of the session. Please register for the accurate level according to your child's skill. If you want to register for a specific time or instructor, you need to inquire about private lessons which are based on instructor and pool availability. We cannot guarantee the availability of private lessons during the school year. In order for us to make the best possible accommodations, please register early.

SWIMMING

Winter registration begins at 9 am, Thursday, December 17, online, in person or phone-in. Spring registration begins March 2 at 9 am. Swimming lessons are at Brooklyn Junior High (7377 Noble Ave) or Jackson Middle School (6000 109th Ave). Please refer to each session for pool location. All swimming lessons are 35 minutes.

- Winter registration begins at 9 am, Thursday, December 17, register online at www.brooklynpark.org, in person, or call (763)493-8333.
- Spring registration begins 9 AM on Thursday, March 4.
- All cancellations and changes must be done 3 days prior to start of sessions. **NO REFUNDS AFTER** that point. No refunds or make ups for classes you miss.

CLASS DESCRIPTIONS

PARENT AND TOT SWIMMING LESSONS

(Ages 1-3 years old with parent in the water)

(PTOT)

This is a pre-swimming class where the parent is in the water too!. Games, songs and structured activities help the child adjust to the water. Parents learn to interact in the water with their child. It is a great class to spend quality one-on-one time with your child.

PRESCHOOL LESSONS

(Ages 3-5 years without parent)

Watertot 1 (WTOT)

For children with "little or no" water experience. Introduces basic swim skills, kicking and hand paddling through games and songs. Go to Level 1 when 6 years old. To pass-must enjoy submerging and jump in on own. Class ratio 6:1

Watertot 2 (WTOT 2)

For children who completely submerge and enjoy it. Will work on floats, jumping, submerging and swimming short distances. Go to Level 1 when 6 years old. To pass-must float on own without support and swim 3-5 feet. Class ratio 6:1

Watertot 3 (WTOT 3)

For children who can front and back float unsupported. Introduction of rhythmic breathing and paddle stroke. Will work on independent swimming on front and back. When 6 years old, if can float independently, go to Level 2. Class ratio 6:1

SCHOOL AGE LEVELS (Ages 6 and over)

Our swimming lesson program follows the six level approach of the Learn-to-Swim program of the American Red Cross. Some descriptions have changed, so please refer to the descriptions of skill levels and choose the one that most closely fits your child's ability. It is common for some children to repeat a level several times before advancing onto the next level. The prerequisite for each level is the successful demonstration of the major skills from the preceding level, except for Level 1.

LEVEL 1: INTRODUCTION TO WATER SAFETY

(Class ratio 6:1)

Purpose: Help students feel comfortable in the water. Major Skills: Independent floating on the front and back.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

(Class ratio 6:1)

Purpose: Gives students success with fundamental skills. Will work on floats, glides, treading water, swimming on front and back. Major Skills: Swimming 15 feet on the front and back using a combined arm and leg motion.

LEVEL 3: STROKE DEVELOPMENT

(Class ratio 7:1)

Purpose: Builds on the skills in Level 2 through additional guided practice. Will work on rotary breathing, scissors kick, kneeling/standing dives, front and back crawl, elementary backstroke and dolphin kick Major Skills: Swimming 15 yards of front and elementary backstroke.

LEVEL 4: STROKE IMPROVEMENT

(Class ratio 7:1)

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Will work on front crawl, back crawl, breaststroke, elementary backstroke, butterfly, scissor kick, diving Major Skills: Swimming 25 yards of front and elementary backstroke and 15 yards of back crawl, breaststroke and sidestroke.

LEVEL 5: STROKE REFINEMENT

(Class ratio 7:1)

Purpose: Provides further coordination and refinement of strokes. Will work on front and back crawl, breaststroke, butterfly, sidestroke, flip turns, open turns, diving Major Skills: Swimming 50 yards of front crawl and elementary backstroke and 25 yards of back crawl and stroke.

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

(Class ratio 7:1)

Purpose: Refines the strokes so students swim with ease, efficiency, power, and smoothness over greater distances. Major Skills: Swimming 500 yards continuously using the three strokes. We will focus on stroke refinement and endurance.

PRE-TEEN (PRTN) (Ages 11-15)

Are you between the ages 11-15 and want to learn to swim? This is the perfect class for you. This class will focus on floating and water adjustment. The goal of this class is to get you comfortable in the water and ready for level 2 swimming lessons. This class is for non-swimmers.

Winter swim lesson registration begins Thursday, December 17 at 9 am.

WINTER SWIMMING LESSONS:

SESSION 1 - MON

Jan 25-March 15 (7 classes) \$57

(No class Feb 15)

Brooklyn Junior Pool

WTOT	6:15 pm	#421110.02
WTOT2	6:15 pm	#421110.03
WTOT3	7:00 pm	#421120.04
Level 2	7:00 pm	#421120.06
Level 3	6:15 pm	#421110.07
Level 4	7:00 pm	#421120.08

SESSION 2 - WED

Jan 20-March 10 (7 classes) \$57

(No class Feb 3)

Brooklyn Junior Pool

PTOT	5:30 pm	#421210.01
WTOT	6:15 pm	#421220.02
WTOT2	5:30 pm	#421210.03
WTOT3	5:30 pm	#421210.04
Level 1	7:00 pm	#421230.05
Level 2	6:15 pm	#421220.06
Level 3	6:15 pm	#421220.07
Level 4	7:00 pm	#421230.08
PRTN	7:00 pm	#421230.11

SESSION 3 - THURS

Jan 21- March 11 (7 classes) \$57

(No class Feb 4)

Brooklyn Junior Pool

WTOT	6:15 pm	#421310.02
WTOT2	7:00 pm	#421320.03
WTOT3	6:15 pm	#421310.04
Level 1	6:15 pm	#421310.05
Level 2	7:00 pm	#421320.06
Level 3	7:00 pm	#421320.07

SESSION 4 - SATURDAY

Jan 23-March 13 (8 classes) \$65

Jackson Middle School Pool

PTOT	10:15 am	#421420.01
WTOT	9:30 am	#421410.02
	11:00 am	#421430.02
WTOT2	9:30 am	#421410.03
	11:45 pm	#421440.03
WTOT3	10:15 am	#421420.04
Level 1	10:15 am	#421420.05
	11:00 am	#421430.05
Level 2	11:00 am	#421430.06
	11:45 am	#421440.06
Level 3	9:30 am	#421410.07
	11:45 am	#421440.07
Level 4	10:15 am	#421420.08
	11:45 am	#421440.08
Level 5/6	11:00 am	#421430.09



BEGINNING SPRINGBOARD DIVING



In this basic class students will learn forward and back approaches, setting the board for spring, terms, positions and basic front and back dives. Must be able to front dive unassisted and be at least a level 4 swimmer. Registration begins December 17 at 9 am.

Jackson Middle School Pool

Saturday 9:30-10:05 am \$65

January 23-March 13 (8 classes) #421000.11

Cancellations & Changes

All cancellations and changes must be done 3 days prior to start of sessions. NO REFUNDS AFTER that point. No refunds or make ups for classes you miss.

SPRING SWIMMING LESSONS

KEEP THIS BROCHURE...registration for spring swimming lessons begins **March 4 at 9 am**. Register online (www.brooklynpark.org), call us at (763) 493-8333 or register at the Community Activity Center.

EARLY SPRING SWIMMING LESSONS

SESSION 5 - MON

March 22-May 10 (7 classes) \$57
(no class March 29)
Brooklyn Junior Pool

PTOT	6:15 pm	#421510.01
WTOT	7:00 pm	#421520.02
WTOT2	7:00 pm	#421520.03
WTOT3	6:15 pm	#421510.04
Level 1	7:00 pm	#421520.05
Level 2	6:15 pm	#421510.06
Level 3	7:45 pm	#421530.07
Level 5	7:45 pm	#421530.09
Level 6	7:45 pm	#421530.10

SESSION 6 - TUES

March 23-May 11 (7 classes) \$57
(No class March 30)
Jackson Middle School Pool

PTOT	6:15 pm	#421620.01
WTOT	5:30 pm	#421610.02
	7:00 pm	#421630.02
WTOT2	5:30 pm	#421610.03
WTOT3	6:15 pm	#421620.04
Level 1	7:45 pm	#421640.05
Level 2	6:15 pm	#421620.06
	7:00 pm	#421630.06
Level 3	5:30 pm	#421610.07
	7:45 pm	#421640.07
Level 4	7:00 pm	#421630.08
Level 5	7:45 pm	#421640.09

SESSION 7 - WED

March 24-May 12 (7 classes) \$57
(No class March 31)
Brooklyn Junior Pool

WTOT	6:15 pm	#421710.02
WTOT2	6:15 pm	#421710.03
	7:45 pm	#421730.03
WTOT3	7:00 pm	#421720.04
Level 1	7:00 pm	#421720.05
Level 2	7:00 pm	#421720.06
Level 3	6:15 pm	#421710.07
Level 4	7:45 pm	#421730.08
Level 5	7:45 pm	#421730.09

SESSION 8 - THURS

March 25-May 13 (7 classes) \$57
(No class April 1)
Jackson Middle School Pool

WTOT	7:00 pm	#421830.02
WTOT2	6:15 pm	#421820.03
WTOT3	6:15 pm	#421820.04
Level 1	7:00 pm	#421830.05
Level 2	6:15 pm	#421820.06
	7:45 pm	#421840.06
Level 3	7:45 pm	#421840.07
Level 4	7:00 pm	#421830.08
Level 6	7:45 pm	#421840.10

LATE SPRING SWIMMING LESSONS

SESSION 1 - MON & WED

May 17-June 9 (7 classes)
(No class May 31)
Jackson Middle School Pool

\$57 for group lessons

\$144 private (1 student/teacher)

WTOT	5:45 pm	#621120.02
	6:30 pm	#621130.02
WTOT 2	5:00 pm	#621110.03
WTOT 3	5:45 pm	#621120.04
Level 1	5:45 pm	#621120.05
Level 2	5:00 pm	#621110.06
Level 3	6:30 pm	#621130.07
Level 4	5:00 pm	#621110.08
	7:15 pm	#621140.08
Level 5	6:30 pm	#621130.09
Private	7:15 pm	#621140.11
Private	7:15 pm	#621140.12

SESSION 2 - TUES & THURS

May 18-June 10 (8 classes)..... \$65
 Jackson Middle School Pool

WTOT	5:00 pm.....	#621210.02
	6:30 pm.....	#621230.02
WTOT2	5:45 pm.....	#621220.03
	7:15 pm	#621240.03
WTOT3	5:00 pm.....	#621210.04
	6:30 pm.....	#621230.04
Level 1.....	5:00 pm.....	#621210.05
	5:45 pm.....	#621220.05
Level 2.....	5:45 pm.....	#621220.06
	7:15 pm	#621240.06
Level 3.....	5:00 pm.....	#621210.07
	7:15 pm	#621240.07
Level 4.....	6:30 pm.....	#621230.08
	7:15 pm	#621240.08
Level 5.....	6:30 pm.....	#621230.09
Level 6.....	7:15 pm	#621240.10

Cancellations & Changes

All cancellations and changes must be done 3 days prior to start of sessions. **NO REFUNDS AFTER** that point. No refunds or make ups for classes you miss.



WSI SWIM INSTRUCTORS & LIFEGUARDS NEEDED!
 We are looking for school year staff. Earn between \$7-\$14 per hour. For more information call Jenny at (763) 493-8373.

WATER SAFETY AIDE

Ages 12 & older
 This course is for youth who would like to assist swim instructors in the pool during swimming lessons. There will be both classroom instruction and in-water training that will teach the necessary skills to assist instructors.

Students will receive certification after completing the class (which includes practical experience with our staff). Depending on availability, students are eligible for employment at age 14, after volunteering a minimum of 20 hours. Must attend all classes. Prerequisites: pass level 5 and be at least 14 years old.

Jackson Middle School Pool
 Tues & Thurs..... 5:45-7:05 pm
 May 18-June 10 \$75#621000.02

ADULT BEGINNER SWIMMING LESSONS

Have you ever wanted to learn to swim? This class is designed for those who have no swimming skills who want to feel more comfortable and confident in the water. The class will be kept small and will focus on individual needs. Will cover basic skills of floating, gliding and kicking.

Jackson Middle School Pool
 Mon & Wed..... 8-8:30 pm
 May 17-June 9..... \$57#621000.03
 (No class May 31)