Bloomington Community Education Swim is a partner of the USA Swimming Foundation’s Make a Splash initiative.

The Make a Splash initiative is a national child-focused water safety initiative, which aims to provide the opportunity for every child in America to learn to swim. Bloomington Community Education is proud to be a partner by providing swimming lessons and educating children and their families on the importance of learning how to swim.

**Little Swimmer - 4 to 5 years old**

Requirements for signing your child up for this level:
- Recommended participation in a recent Parent & Child Class
- Toilet trained
- Able to listen and follow directions for 30 minutes
- Child will be okay without parent or guardian in the pool
- Able to hold onto wall for 30 minutes

These classes provide children with their first pool experience without parental assistance in a safe, fun, and positive learning environment. The primary objective of the Little Swimmers Class is to promote developmentally appropriate learning of fundamental water safety and aquatic skills. Instructors help children adapt to the pool and learn how to move independently through the water. Three class level descriptions are listed for each level.

**Little Swimmer - Level A: Beginner Swimmer**

This level orientates children to the aquatic environment and helps them gain basic aquatic skills (with assistance) by:
- Enter and exit water safely by using ladder
- Blow bubbles
- Submerge mouth, nose and eyes
- Front and back glides
- Float on front and back
- Swim on front and back using arms and legs
- Water safety topics

**Little Swimmer - Level B: Intermediate Swimmer**

This level will help children gain greater independence in their skills, become more comfortable in and around the water, and start to gain basic swimming propulsive skills (with assistance moving towards independence) by:
- Enter water by stepping or jumping into the side
- Exit water safely by using ladder or side
- Submerge entire head
- Float on front and back
- Perform front and back glides
- Swim on front and back using arm and leg actions
- Swim front and back kick
- Class taught in the middle of deep water
- Water safety topics

**Level 1: Beginner Swimmer**

Helps students feel comfortable in the water by:
- Enter and exit water safely
- Submerge mouth, nose and eyes
- Blow bubbles
- Swim on front and back using arm and leg action
- Float on front and back
- Front and back glides
- Water safety topics

**Level 2: Advanced Beginner**

Gives students success with fundamental skills by:
- Skills performed independently
- Enter water by stepping or jumping into the side
- Exit water safely by using ladder or side
- Submerge entire head
- Float on front and back
- Perform front and back glides
- Swim on front and back using arm and leg actions
- Swim front and back kick
- Class taught in shallow and deep water
- Water safety topics

**Level 3: Intermediate Swimmer**

Builds on the skills with practice in deeper water by:
- Jump into deep water from the sides
- Bob with the head fully submerged
- Perform front and back glide
- Perform survival float
- Perform front crawl with any breathing in horizontal position
- Butterfly kick and scissors kick
- Class taught in the middle of pool
- Water safety topics

**Level 4: Advanced Intermediate**

Develops confidence skills and improves other aquatic skills by:
- Swim underwater
- Perform open turns on front and back using any stroke
- Tread water using sculling arm motions and kick
- Perform front crawl and back crawl
- Perform breaststroke
- Perform elementary backstroke and sidestroke
- Water safety topics

**Little Swimmer - Level C: Advanced Swimmer**

This level will build upon skills learned in Level A & B providing additional guided practice. Skills in this level are performed independently.
- Enter water by jumping
- Fully submerge and hold breath, bobbing
- Front and back floats, and recoveries
- Front and back glides
- Tread water
- Swim on front and back using combination of arms and legs
- Change direction while swimming on front or back
- Water safety topics

**Valley View Middle School Pool**

**Class Fee:** $8 Lessons $79 **6 Lessons $60**

**Level 5: Advanced Swimmer**

Provide further coordination and refinement of strokes by:
- Tread water with 2 different kicks
- Perform front crawl and back crawl
- Perform breaststroke
- Perform elementary backstroke and sidestroke
- Sculling
- Water safety topics

**Valley View Middle School Pool**

**Class Fee:** $8 Lessons $79
Focus Classes

4:1 Participant: Instructor

During these classes the instructor will have the ability to focus on individual attention, foster a fun learning environment, and flourish on fundamental skills essential to becoming a confident swimmer.

Little Swimmer-Level B: Intermediate Swimmer

Class Fee: 8 Lessons $86 * 7 Lessons $75

Class# Day Date Time No Class
PS6F M 9/9 – 10/28 6:20 – 6:50 p.m.
PS6F* M 11/4 – 12/16 6:20 – 6:50 p.m.

Level 1: Beginner Swimmer (Must be at least 6 years old)

Class Fee: 8 Lessons $89 * 7 Lessons $78

Class# Day Date Time No Class
AF8 M 9/9 – 10/28 6:20 – 7:00 p.m.
AF9* M 11/4 – 12/16 6:20 – 7:00 p.m.

Level 2: Advanced Beginner

Class Fee: 8 Lessons $89 * 7 Lessons $78

Class# Day Date Time No Class
BF7 M 9/9 – 10/28 6:20 – 7:00 p.m.
BF8* M 11/4 – 12/16 6:20 – 7:00 p.m.

Level 3: Intermediate Swimmer

Class Fee: 8 Lessons $89 * 7 Lessons $78

Class# Day Date Time No Class
CF7 M 9/9 – 10/28 7:05 – 7:45 p.m.
CF8* M 11/4 – 12/16 7:05 – 7:45 p.m.

Level 4: Advanced Intermediate

Class Fee: 8 Lessons $89 * 7 Lessons $78

Class# Day Date Time No Class
DF3 M 9/9 – 10/28 7:05 – 7:45 p.m.
DF4* M 11/4 – 12/16 7:05 – 7:45 p.m.

Fitness

Water Aerobics

Leap, jump, and kick to a better you with this one-hour class, which is a wonderful way to tone and strengthen muscles while developing cardiovascular endurance and increasing flexibility. By having the natural resistance of the water, participants receive a great workout that is gentle on the joints. Shallow end work out. No swimming skills necessary for this class. Registration is required.

Class Fee: 14 Tuesday Classes ($90)

WAPCF $72 (8 Class Punch Card)

Class# Day Date Time No Class
WAPF Tu 9/10 – 12/17 7:35 – 8:35 p.m.

Aqua Zumba

Known as the Zumba “pool party”, Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and laughing are often heard during a class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body toning and most of all fun! It is not your typical aerobics class. You will dance in the water at your own speed. Aqua Zumba is exercise in disguise. Registration is required for this class. (Water fitness cards will not be accepted).

Class Fee: 8 Lessons $89 * 7 Lessons $78

Class# Day Date Time No Class
3582BF-1 M 9/9 – 12/16 4:30 – 5:30 p.m.
3582BF-2* Tu 9/10 – 12/17 4:30 – 5:15 p.m.
3582BF-3* W 9/11 – 12/18 6:00 – 7:00 p.m.

Specialty

Water Safety Instructor Training (WSI) - Blended Learning

This course trains instructor candidates to teach the American Red Cross Learn-to-Swim and other water safety programs. Prerequisites: On the first day you must be able to pass a swimming stroke test. Attendance is mandatory to all class sessions. Be prepared to be both in and out of the water each day of class. Students must complete the online portion of the course (7-9 hours) in addition to participating in the classroom and water skill sessions. Once registered, information for accessing the online course will be emailed to the student, your email is required. There is an additional fee of $37 paid directly to the Red Cross for the online portion. Please bring the following items: verification of birth date (students must be 16 years of age by the last day of class), swimsuit (one piece for females), towels, writing utensil, paper, water bottle, bag lunch and snacks.

* A minimum of 6 participants will be needed to run this class.
American Red Cross Lifeguard Training - Blended Learning

This comprehensive course is designed to instruct participants in the skills and knowledge needed to become a lifeguard. Course candidates will learn how to recognize, prevent and respond quickly to aquatic emergencies. The course also instructs participants in CPR for the Professional Rescuer, AED and First Aid. Participants will receive certifications in the above – certifications will be presented upon completion of attending all class sessions, passing all written exams, water skills and test. Prerequisites:

- Participant must be 15 years of age or older.
- Ability to pass pretest. Swim 300 yards continuously demonstrating breast control and rhythmic breathing. Tread water for 2 minutes using only legs. Complete a timed event with 1 minute 40 seconds: starting in the water, swim 20 yards, surface, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object, return to surface and swim 20 yards on back with both hands holding object, exit the water without using a ladder or steps.
- Certifications received upon completion of course objectives and passing score of 80 percent correct on course final written exams. Lifeguard, CPR/PR with AED and First Aid are valid for 2 years. Will need to renew certifications every two years.
- Blended Learning Class: a link will be emailed one week prior to class beginning with online class curriculum. There is an additional fee, $37, paid directly to the American Red Cross for the online portion.

- Bring swimsuit, towels, snacks, lunch, water bottle, writing utensil and paper.
- A minimum of 5 participants will be needed to run this class.

- Valley View Middle School Pool
  Class Fee: 8 Classes $235
  (Opportunity for employment upon completion of class – contact Aquatics Program Coordinator for further information 952-681-6134, if interested. Must be 16 years old)

American Red Cross Lifeguard Instructor/Instructor Trainer (LGI/IT) - Review

Renew your American Red Cross Lifeguard Instructor Certification (students must complete the 2017 LGI program update to be eligible for this class). This in-person Instructor/Instructor Trainer review course is the required course for all Lifeguarding Instructors and Instructor Trainers to re-certify. During this course, Lifeguarding Instructors and Instructor Trainers will participate in an in-water practice and polish skills session with their peers and a classroom-based review of Red Cross administrative policies and procedures. Prerequisites: Current American Red Cross Lifeguard Instructor or Instructor Trainer (2017) certification. Students must bring a copy of the 2017 LGI manual and the Student Lifeguard training book to class (Electronic or Hard Copy). Please bring a swimsuit, paper towels, a pencil, bag lunch and/or snack to class.

- Valley View Middle School Pool
  Class Fee: 8 Classes $185
  LGITR1F Sat 12/14 9:00 a.m. - 5:00 p.m.
Support Student Learning by Volunteering

- Assist children in the classroom, preschool through high school, helping with Reading, Math or other academic areas.
- Assist children of all ages at the Family Homework Connection; Tuesdays and/or Wednesdays 5:30-7:30PM at Hennepin Oxboro Library: 8800 Portland Ave. S.
- Be a Buddy to a student each week as a Westwood Reading Buddy.
- Share your time as a Breakfast Buddy at Valley View Elementary.
- Assist students at one of our elementary Homework Connection sites. Volunteer one or more afternoons between 3:15-4:15 p.m. each week.
- Mentor an 8th grade student 3 hrs a month as a Hope For Tomorrow Mentor. The group meets once a month at Valley View or Oak Grove Middle School. https://hopefortomorrowmentoring.org/

Make a positive difference in the life of a Bloomington student!

Call the Volunteer Connection: 952.681.6292
www.bloomington.k12.mn.us