



Swim Lesson Registration: 952-681-6132

Bloomington Pool Rental: 952-681-5283

Valley View Middle School Pool

8900 Portland Avenue South Bloomington

Aquatics Program Coordinator

Betsy 952-681-6134



## **Class Descriptions**

### **Parent & Child Class: (6 months to 3 years)**

Developed for children 6 months to 3 years of age, the Parent & Child Class builds swimming readiness by emphasizing fun in the water. Parents & children learn together to increase children's comfort level and confidence in the water and build a foundation of basic aquatic and water safety skills. One adult per child required in the water.

### **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 listed for each level.

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

This level orients children to the aquatic environment and helps them gain basic aquatic skills by: (with assistance) • 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 by: (with assistance moving towards independence) • Enter water by safely using ladder • Fully submerge and hold breath • Front and back floats • Front and back glides • Tread water • 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

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

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**

Give students success with fundamental skills by: • Skills performed independently • Enter water by stepping or jumping from the side • Exit water safely by using ladder or side • Submerge entire head • Float on front and back • Perform front and back glide • Tread water using arm and leg actions • Swim front crawl and back crawl • Class taught in shallow end • Water safety topics

### **Level 3: Intermediate Swimmer**

Builds on the skills with practice in deeper water by: • Jump into deep water from the side • Bob with the head fully submerged • Perform front and back glide • Perform survival float • Perform front crawl with rotary 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:

- 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

## Level 5/6: Advanced Swimmer

Provide further coordination and refinement of strokes by:

- Tread water with 2 different kicks
- Perform front and back flip turn
- Perform front crawl, back crawl butterfly, breaststroke, elementary backstroke and sidestroke
- Sculling
- Water safety topics

## Adult Lessons - Beginner & Intermediate

This class is designed for individuals who are 16 years and older who would like to learn to swim or improve their existing skills. Adults will also experience the benefits of swimming as an exercise program, social activity and a support group for learning to swim with progression through the strokes and skills.

## Private Swim Lessons (Must be at least 6 years old)

These lessons are designed to give extra instructions to individuals who may need help with moving to the next swim lesson level, beginning adults apprehensive about being in the water, and children with special needs.

# HELPFUL INFORMATION

Parent or Guardian must remain in the gallery during swim lessons.

## Valley View Middle School Pool Entrance

All participants need to park on west side (back of building), enter door 7.

## Financial Assistance Available

Low income Bloomington residents may be eligible for fee assistance. Call 952-681-6134 for more information.

## Class Makeups, Aquatic Cancellations & Refund Policy

There are no makeups for missed classes. There are no refunds or credits given for missed classes. Customer initiated cancellations received within 5 or more business days prior to the start of the class will qualify for a refund minus a non-refundable \$10 processing fee. All refunds given after the start of class are up to the discretion of management. A refund will not be given on the classes that have already been attended. Community Education reserves the right to cancel any class that does not meet minimum enrollment. You will be contacted and complete refunds will be given when this occurs.

# FITNESS

## Water Aerobics

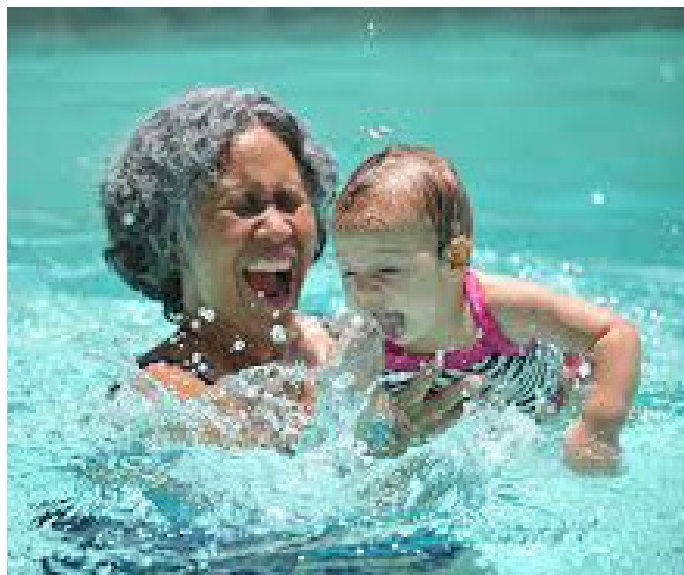
Leap, jump and kick to a better you with this one-hour class, which is a wonderful way to tone and strengthen muscles while developing cardiovascular endurance and increasing flexibility. By having the natural resistance of the water, participants receive a great workout that is gentle on the joints.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

## 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).

## Open & Lap Swim

Bring your friends and family for good times in the pool for open swim or to swim laps for a great low impact workout.



## Registration Information

### Online:

<https://bloomington.ce.eleyo.com>

### Phone:

952-681-6113

### Questions?

952-681-6134

