

Swimming Lessons

Carlson Pool
1365 South Grade Road

(The pool has its own entrance located near the southwest corner of the school.)

NEW THIS YEAR:

REGISTRATION OPENS: April 16, 2018

Fee: \$45 per person

- Lessons will not meet the week of July 4.
- Little Swimmers & Preschool classes will be 30 minutes / Level 1-3 = 35 min / Level 4-6 = 45 min.
- Private swim lessons: please see information below.
- Lessons will meet Monday-Thursday.

TIME	SESSION 1 June 4-14		SESSION 2 June 18-28		SESSION 3 July 9-19		SESSION 4 July 23-Aug. 2	
9:20 am	Level 1 Level 2	Level 3 Level 4	Level 1 Level 2	Level 3 Level 4	Level 1 Level 2	Level 3 Level 4		
10:10 am	Level 1 Level 2 Level 3	Level 4 Level 5	Level 1 Level 2 Level 3	Level 4 Level 5	Level 1 Level 2 Level 3	Level 4 Level 5	Level 1 Level 2 Level 3	Level 4 Level 5
11:00 am	Level 1 Level 2 Level 3	Level 4 Level 5	Level 1 Level 2 Level 3	Level 4 Level 5	Level 1 Level 2 Level 3	Level 4 Level 5	Level 1 Level 2 Level 3	Level 4 Level 5
11:50 am	Little Swimmers Level 1 Level 4 Level 2 Level 5 Level 3 Level 6a		Level 1 Level 2	Level 3 Level 4	Level 1 Level 2 Level 3	Level 4 Level 5 Level 6a	Level 1 Level 2 Level 3	
5:05 pm	Level 1 Level 2 Level 3	Level 4 Level 5 Level 6a	Level 1 Level 2 Level 3	Level 4 Level 5 Level 6b	Level 1 Level 2 Level 3	Level 4 Level 5 Level 6a	Level 1 Level 2 Level 3	Level 4 Level 5
5:55 pm	Little Swimmers Level 1 Level 4 Level 2 Level 5 Level 3		Little Swimmers Level 1 Level 4 Level 2 Level 5 Level 3		Level 2 Level 3 Level 4	Level 5	Level 2 Level 3 Level 5	Level 6b
6:45 pm	Level 1 Level 2	Level 3 Level 4	Level 1 Level 2	Level 3 Level 4	Level 1 Level 2	Level 3 Level 4	Level 1 Level 2	Level 3 Level 4

PRESCHOOL SWIM LESSONS

All lesson times are marked with an X and are 30 minutes.

TIME	June 4-7	June 18-21	July 9-12	July 16-19	July 23-26	July 30-Aug. 2
8:10 am	X	X	X		X	
8:45 am	X	X	X		X	
9:20 am					X	X
12:40 pm	X	X	X		X	
5:55 pm			X	X	X	X

PRIVATE SWIM LESSONS

Fee: \$60/session Four-1/2 hour lessons

SEMI-PRIVATE SWIM LESSONS

Fee: \$90/session Four-1/2 hour lessons

- Semi-private lessons are shared between two children at the same level. Families are responsible for arranging both participants.
- Private & semi-private lessons will not be available online.
- Office hours are Mon-Fri 9:00-4:00 pm. For questions: 320.587.2975.

YOUTH/ADULT AQUATICS

Hutchinson Middle School / Carlson Pool
1365 South Grade Road

ADULT LAP SWIMMING

Monday, Wednesday, Friday
5:00-7:00 am until May 30
(Closed May 28)

Location: Carlson Pool
West Entrance of Middle School

Fee: \$4/person

*NOTE: If school is cancelled or delayed,
Lap Swim will be cancelled.*



HIGH TIDES DEVELOPMENTAL PROGRAM

Monday/Wednesday/Friday

April Session: 6, 9, 11, 13, 16, 18, 20, 23, 25, 27

May Session: 7, 9, 11, 14, 16, 18, 21, 23, 25, 30

June Session: 4, 6, 8, 11, 13, 15, 18, 20, 22 & 25

July Session: 9, 11, 13, 16, 18, 20, 23, 25, 27 & 30

Fee: \$60 each level & session

TIGERS

Swimmers should have completed Red Cross Level 3 and be comfortable to swim the width of the pool. Focus of this group is to teach basic stroke technique in freestyle and backstroke and introduce elements of the breaststroke. Instructors will work with swimmers to assist them as they learn correct stroke skills and rhythmic breathing techniques. Swimmers will advance through Tigers when they demonstrate basic freestyle, backstroke leg and arm movements and proper rhythmic breathing techniques. Starts and turns may be introduced at this level as well.

#18110 April, 4:00-4:40 pm

#18111 May, 4:00-4:40 pm

#18200 June, 1:15-2:00 pm

#18201 July, 1:15-2:00 pm

SHARKS

Swimmers should demonstrate mastery of the skills from Tigers program to enter the Sharks program. This includes development of proper stroke technique, starts and turns. Swimmers will continue to improve their stroke skills in freestyle, backstroke and breaststroke with the goal of competitive swimming. Butterfly stroke will be introduced. Some endurance and set swimming will be done in this program, but the focus will be learning skills and techniques necessary to be a successful competitive swimmer.

#18114 April, 4:45-5:25 pm

#18115 May, 4:45-5:25 pm

#18202 June, 2:15-3:00 pm

#18203 July, 2:15-3:00 pm



EARLY MORNING WATER WORKOUT

Early morning risers enjoy an individualized self-paced water workout! For those new to the program, exercises will be taught and explained until you get comfortable doing them, then you will set goals and workout to accomplish those goals! The instructor will monitor and guide you, and when ready, challenge you to a new level. Workout equipment available at class includes bells, noodles and kick boards.

Tuesday/Thursday

5:45-6:45 am

#18106 April 3, 5, 10, 12, 17 & 19

#18107 May 1, 3, 8, 10, 15 & 17

Monthly Fee: \$25

Minimum 7

Pete Travis

NOTE: If school is cancelled or delayed, Early Morning Water Workout will be cancelled.

*Discount
tickets do not
apply for this
class.*

BEGINNER DIVING

Interested in learning more about the sport of diving? This class is great introduction! Here divers will learn the basics of diving; from proper body positioning and control, to front approaches, back presses and dives that are used in real competition! It is suggested that participant have completed Level 3 of swimming lessons or are otherwise capable of swimming in a diving well of 12 feet.

#18204 April 30-May 31 (will not meet 5/28)

Mondays 6:10-7:45 pm

Tuesday and Thursday

5:30-6:45 pm

Fee: \$100

Minimum 3

Rachel Haugen



ADVANCED DIVING

If you already have experience in diving and want to continue improving, this class is where you want to be. This section of Diving Club is intended to improve upon diving skills for the competition season or just for fun! Divers will focus on technique in approaches and dives in order to learn more difficult and fun dives!

#18205 April 30-May 31 (will not meet 5/28)

Mondays 6:10-7:45 pm

Tuesday and Thursday 5:30-7:45 pm

Fee: \$150

Minimum 3

Rachel Haugen