

New Hope Aquatic Park Swimming Lessons

2024 Red Cross Certified

SESSION 1:

Monday-Thursday, June 17-27

Levels 1, 2

140101-A1 9-9:45 a.m.
140101-A2 10-10:45 a.m.
140101-A3 11-11:45 a.m.

Level 3

140103-A1 9-9:45 a.m.
140103-A2 10-10:45 a.m.
140103-A3 11-11:45 a.m.

Level 4

140104-A1 9-9:45 a.m.
140104-A2 10-10:45 a.m.

Level 5

140105-A1 11-11:45 a.m.

SESSION 2:

Monday-Thursday, July 1-11

Little Ones (Parent/Child)

140100-B1 11-11:30 a.m.

Levels 1, 2

140101-B1 9-9:45 a.m.
140101-B2 10-10:45 a.m.
140101-B3 11-11:45 a.m.

Level 3

140103-B1 9-9:45 a.m.
140103-B3 11-11:45 a.m.

Level 4

140104-B1 9-9:45 a.m.
140104-B2 10-10:45 a.m.

Level 5

140105-B1 11-11:45 a.m.

SESSION 3:

Monday-Thursday, July 15-25

Little Ones (Parent/Child)

140100-C1 11-11:30 a.m.

Levels 1, 2

140101-C1 9-9:45 a.m.
140101-C2 10-10:45 a.m.
140101-C3 11-11:45 a.m.

Level 3

140103-C1 9-9:45 a.m.
140103-C2 10-10:45 a.m.
140103-C3 11-11:45 a.m.

Level 4

140104-C1 9-9:45 a.m.
140104-C2 10-10:45 a.m.

Level 5

140105-C1 11-11:45 a.m.

SESSION 4:

Monday-Thursday,
July 29-August 8

Levels 1, 2

140101-D1 9-9:45 a.m.
140101-D2 10-10:45 a.m.
140101-D3 11-11:45 a.m.

Level 3

140103-D1 9-9:45 a.m.
140103-D2 10-10:45 a.m.
140103-D3 11-11:45 a.m.

Level 4

140104-D1 9-9:45 a.m.
140104-D3 11-11:45 a.m.

Level 5

140105-D1 10-10:45 a.m.

Level 6-Personal Water Safety

140106-D2 11-11:45 a.m.

\$70 Residents of New Hope, Crystal and Golden Valley

\$77 Nonresidents

REGISTER WITH: New Hope Parks & Recreation
4401 Xylon Avenue North
New Hope, MN 55428



Refunds, program credits and transfers are allowed up to one week prior to the start of the program. In the event of illness or injury, refunds may be given when accompanied by a doctor's written verification. All refunds are subject to a \$10 service fee. Confirmations are not sent. Lessons are held rain or shine. Payment by check authorizes the city to make a one-time electronic fund transfer. Phone registrations accepted with a major credit card. Online registration! Go to webtrac.nhrecexpress.com. Questions? Call 763-531-5151

 facebook.com/newhoperecreation

New Hope Parks & Recreation ~ 2024 Swimming Lessons

Participant Name _____ Phone (s) _____

Address _____ City _____ Zip _____

Birthdate _____ Age _____ Sex (M or F) _____ Parent/Guardian _____

Session/Level _____ Course Number _____ Dates _____ Time _____ Amount Enclosed \$ _____

Does participant have a special need? _____ Email _____

I, the undersigned parent or guardian, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.

Parent/Guardian Signature _____ Date _____

Am Ex/Discover/MC/Visa # _____ Exp Date _____ Security Code _____

Red Cross Learn to Swim Program

New Hope Aquatic Park, 4411 Xylon Avenue North

CLASS DESCRIPTIONS

Little Ones (Parent/Child): This class is specially designed for children ages 3-4. Children must be potty trained to participate in Little Ones. Students will learn basic water skills such as blowing bubbles, submerging their faces, paddling and floating, and will become familiar with safe water practices. Parents should wear swim attire and are expected to be in the water with their child.

Level 1 - Introduction to Water Skills: Must be 5 years or older by the first day of class. Four-year-olds who have passed Little Ones may register for Level 1 with Instructor approval. Students will learn basic aquatic skills including entering the water independently using ladder, steps or side, gliding on front, and rolling to a back float. Students will learn to be independent in the water by learning front and back float, glides, rolling front to back, and combined arm and leg action.

Level 2 - Fundamental Aquatic Skills: Passed Level 1 or equivalent. Students learn to float without support and recover to a vertical position. Students learn fundamentals of treading water, front and back glides and floats, and changing direction of travel while swimming on front or back.

Level 3 - Stroke Development: Passed Level 2 or equivalent. The objective is to coordinate the front and back crawl and elementary backstroke. Students are introduced to the flutter, scissor, dolphin and breaststroke kicks, the fundamentals of treading water, and diving from the side of the pool.

Level 4 - Stroke Improvement: Passed Level 3 or equivalent. Students will continue to build on the front and back crawl, elementary back stroke, breaststroke, sidestroke, butterfly, and flutter and dolphin kicks on back. Swimming under water and survival swimming will also be taught.

Level 5 - Stroke Refinement: Passed Level 4 or equivalent. Students will refine their skills in front crawl, back crawl, butterfly, breaststroke, sidestroke and elementary backstroke. Flip turns on the front and back are introduced, as well as tuck and pike surface dives.

Level 6 - Personal Water Safety: Students will be introduced to water safety concepts including survival swimming, treading water and situational safety topics. Students will also refine stroke mechanics and simple dives.



Lessons are held rain or shine!

New Hope Aquatic Park

Open June 1-2, June 6-August 18

12-8 p.m. Monday-Friday

11 a.m.-7 p.m. Saturday & Sunday

(Closed July 12-14 for swim meet)

Daily Admission

\$13 ages 2-54

\$12 ages 55+, military

\$12 after 5 p.m. (all ages)

Coupon Book

\$110 for 10 admissions

Purchase a Season Pass

Early Bird Rate

(by May 31 at 4:30 p.m.)

Resident: \$70 per person

Nonresident: \$90 per person

Regular Rate

(after May 31 at 4:30 p.m.)

Resident: \$80 per person

Nonresident: \$100 per person

Resident rate applies to New Hope, Crystal and Golden Valley