



# PLYMOUTH CREEK ATHLETIC CLUB



*\*All classes will have a safety lesson the first five minutes of each class. Student/Teacher Ratio: 4/1 Registration is based on a first-come first-serve basis and payment is due upon registration. Refunds, class credits, pro-rated classes or make-up classes are not offered for missed lessons. Three participants must register for a class to continue as scheduled. If only two participants register for a class, the class will become a "semi-private" lesson and will be 30 minutes in length. If only one participant registers for a class, you will be given the option to continue in the designated time slot for a "private lesson" and additional fees may be required. Registration and waiver forms can be picked up at PCAC fitness desk. PCAC reserves the right to modify or cancel lesson times if needed. Children can be tested prior to the first lesson to assure proper class placement. If your child is registered incorrectly, they will be transferred (space permitting) or withdrawn (prorated refund will be issued).*

## Parent/Tots / \$72 (6 lessons)

Jun 16 - 25 (Tues/Wed/Thurs) ..... 6:35 - 7:05 pm

## Aqua Tots / \$95 (8 lessons)

July 6 - 16 (Mon - Thurs) ..... 11:45 am - 12:15 pm

## P1 / \$95 (8 lessons)

July 6 - 16 (Mon - Thurs) ..... 12:15 - 12:45 pm

July 20 - 30 (Mon - Thurs) ..... 11:45 am - 12:15 pm

July 21 - 30 (Tues/Wed/Thurs) \*\* ..... 5:00 - 5:30 pm

\*\* 6 lessons / \$72

## P2 / \$95 (8 lessons)

May 5 - 28 (Tues/Thurs) ..... 6:35 - 7:05 pm

June 15 - 25 (Mon - Thurs) ..... 11:45 am - 12:15 pm

July 7 - 16 (Tues/Wed/Thurs)\*\* ..... 5:00 - 5:30 pm

\*\* 6 lessons / \$72

July 20 - 30 (Mon - Thurs) ..... 12:15 - 12:45 pm

## B1 / \$95 (8 lessons)

June 15 - 25 (Mon - Thurs) ..... 12:15 - 12:45 pm

Jun 16 - 25 (Tues/Wed/Thurs)\*\* ..... 5:00 - 5:30 pm

\*\* 6 lessons / \$72

## B2 / \$114 (8 lessons)

May 5 - 28 (Tues/Thurs) ..... 4:45 - 5:25 pm

July 6 - 16 (Mon - Thurs) ..... 12:50 - 1:30 pm

July 7 - 16 (Tues/Wed/Thurs)\*\* ..... 6:35 - 7:15 pm

\*\* 6 lessons / \$86

July 20 - 30 (Mon - Thurs) ..... 12:50 - 1:30 pm

## Advanced Beginner / \$114 (8 lessons)

April 7-29 (Tues/Wed) ..... 4:45 - 5:25 pm

June 15 - 25 (Mon - Thurs) ..... 12:50 - 1:30 pm

July 6 - 16 (Mon - Thurs) ..... 1:35 - 2:15 pm

July 20-30 (Mon - Thurs) ..... 1:35 - 2:15 pm

July 21-30 (Tues/Wed/Thurs) \*\* ..... 6:35 - 7:15 pm

\*\* 6 lessons / \$86

## Intermediate / \$114 (8 lessons)

June 15 - 25 (Mon - Thurs) ..... 1:35 - 2:15 pm

July 6 - 16 (Mon - Thurs) ..... 2:20 - 3:00 pm

## Swimmers / \$114 (8 lessons)

June 15 - 25 (Mon - Thurs) ..... 2:20 - 3:00 pm

## Advanced Swimmers / \$114 (8 lessons)

July 20 - 30 (Mon - Thurs) ..... 2:20 - 3:00 pm

# Lesson Descriptions

## PARENT/TOT

### Children 6mo - 4 years

Class focus on water adjustment, supported movements, water safety, and basic swimming skills. One adult/child participates in the class. NO DIAPERS. Tight fitting plastic pants or Little Swimmers if not toilet trained.

## AQUA TOTS

### Children 3-4 years

The class is designed to help with basic swimming skills. Emphasis is placed on making the swimmer comfortable in the water as well as safety in and around water.

## P1 (Preschool Beginners)

### Children 4-5 years

The class is designed to help with basic swimming skills. Emphasis is placed on making the swimmer comfortable in the water as well as safety in and around the water.

## P2 (Advanced Preschool)

### Children 3-5 years

**Pre req.** Child can float independently front/back, and who are ready to start stroke mechanics in an age appropriate class.

*\*Skills taught in the above 3 classes are: entering/exiting, jump and recover, changing positions, arms, kicking, floating, glides, breathing/breath control, safety*

*\*P1/B1 are similar classes, note the age levels.*

*\*P2/B2 are similar classes, note the age levels.*



PLYMOUTH CREEK  
ATHLETIC CLUB

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- **B1** (Beginners: Water Adjustment)
- Compare to Red Cross L1
- **Children 5 and up**
- For the swimmer who is beginning swimming skills
- Student develops confidence to perform front/back floats, arm movement, kicking, breathing, changing positions, front/back glides, combined strokes, jump and recover, safety. GOAL: Float independently front/back for 15 seconds, jump in the deep level off, swim front and back combined strokes 20 feet without stopping.
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- **B2** (Beginners 2)
- Compare to Red Cross L2
- **Children 5 and up**
- For the swimmer who DID NOT complete Beginners requirement skills
- Working on passing Beginner skills with confidence and endurance. See GOALS in Beginners.
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- **ADVANCED BEGINNER**
- Compare to Red Cross L3
- Children build on their front crawl with rhythmic breathing, elementary backstroke, back crawl, treading water, survival float, scissor and dolphin kicks, dives. GOAL: swimming the front and back combined strokes the length of the pool 17yds/50ft. with confidence, tread and survival 30 sec.
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- **INTERMEDIATE**
- Compare to Red Cross L4
- Children build on the front and back crawl, elementary backstroke, sidestroke, breast stroke, butterfly, turns and endurance in treading water 1 min., survival float. GOAL: swimming strokes with good form, endurance swimming 25/50 yards.
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- **SWIMMERS**
- Compare to Red Cross L5
- Children build on all six strokes, introduced to flip turns, surface dives. GOAL: 3 min. tread water, swimming strokes 25/50 yards.
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- **ADVANCED SWIMMERS**
- Compare to Red Cross L6
- All six strokes are practiced to build on improving proficiency and endurance.
- Self-help safety rescue skills, tread water 5 min. GOAL: Swim 500 yards continuously using all five strokes and 5 min. treading water.