**SEA PUPPIES & PARENTS: AGES 6 MONTHS-3 YEARS OLD**

Enjoy swimming with your child and build swimming readiness while emphasizing fun and safety in the water. Either plastic pants over swimsuit or swimming diapers are required—NO REGULAR DIAPERS allowed in the pool. This program is for children with little to no water experience who may be reluctant to enter the water. Children will be exposed to basic water adjustment and safety skills. Adults will learn important safety skills for working with children in an environment where children and adults can bond and practice skills including: water entry, bubble blowing, kicking, floating, underwater exploration and more. Children must be accompanied in the water by an adult.

**PM sessions:** 6:00-6:40 p.m.  
June 10-June 26  
July 8-July 24  
July 29-August 14

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**SEA PUPS: AGES 3-5**

This class is an introduction to group learning without a parent or guardian. The main goal is to gain confidence in the water with basic swim skills and instructor support. This is for first time swimmers who do not like to get their face wet. Skills they will be learning include: chipmunk cheeks “holds breath” in water for 3 seconds, penguin flaps on back with support, turns from front to back and back to front with support, jumps in water with assistance.

**AM sessions:** 9:00-9:40 a.m. or 10:30-11:10 a.m.  
June 11-June 20  
June 25-July 11 (no lessons July 2-4)  
July 16-July 25  
July 30-August 8

**PM sessions:** 5:15-5:55 p.m. or 6:00-6:40 p.m.  
June 10-June 26  
July 8-July 24  
July 29-August 14

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**SEA TRACKERS: AGES 6 & UP**

Sea pups will learn basic exploration skills with assisted swimming. Swimmers will begin to expand their knowledge and confidence by putting their face in the water! Skills covered in this class include: submerges face and holds “chipmunk cheeks” breath (3 seconds), bobs independently under water (3 times), jumps into water unassisted, starfish float on back with ears in water assisted.

**AM sessions:** 9:00-9:40 a.m. or 10:30-11:10 a.m.  
June 11-June 20  
June 25-July 11 (no lessons July 2-4)  
July 16-July 25  
July 30-August 8

**PM sessions:** 5:15-5:55 p.m. or 6:00-6:40 p.m.  
June 10-June 26  
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**SEA PUPS 3 AGES 3-5**

Sea pups continue to learn basic water skills. They should come to class prepared to put their face in the water. They will begin to learn to swim with independence. Skills include: jumps into shoulder deep water and returns to the side unassisted, submerges head and holds breath (3 seconds), opens eyes underwater and identifies a submerged object, finning arms “penguin flaps” on back unassisted (3 yards), treads in shoulder deep water assisted (15 seconds).

**AM sessions:** 9:00-9:40 a.m. or 10:30-11:10 a.m.  
June 11-June 20  
June 25-July 11 (no lessons July 2-4)  
July 16-July 25  
July 30-August 8

**PM sessions:** 5:15-5:55 p.m. or 6:00-6:40 p.m.  
June 10-June 26  
July 8-July 24  
July 29-August 14
SEA TRACKERS 1 AGES 6 & UP
Sea trackers 1 will successfully manage fundamental skills as they progress toward swimming unassisted. Skills include: jumps into deep water, submerges and returns to wall independently, fully submerges head and holds breath (5 seconds), opens eyes underwater and identifies a submerged object, floats on front/back independently to a standing position (5 seconds), glides “blast offs” on front/back with flutter kicks (5 yards), front crawl with log roll breathing (5 yards), introduces elementary backstroke arms with flutter kick (5 yards).

AM SESSIONS: 9:00-9:40 a.m. or 10:30-11:10 a.m.
June 11-June 20
June 25-July 11 (no lessons July 2-4)
July 16-July 25
July 30-August 8

PM SESSIONS: 5:15-5:55 p.m. or 6:45-7:25 p.m.
June 10-June 26
July 8-July 24
July 29-August 14

SEA TRACKERS 2 AGES 6 & UP
Sea trackers 2 will continue to develop knowledge in technique and gain independence and endurance with the fundamentals. Skills included in class: opens eyes underwater and retrieves object on bottom, floats on front/back (10 seconds), front crawl with rhythmic breathing (10 yards), backstroke 10 yards, tread in chest deep water (1 minute), introduction to kneeling/compact dive.

AM SESSIONS: 9:45-10:25 a.m. or 11:15-11:55 a.m.
June 11-June 20
June 25-July 11 (no lessons July 2-4)
July 16-July 25
July 30-August 8

PM SESSIONS: 6:45-7:25 p.m. or 7:30-8:10 p.m.
June 10-June 26
July 8-July 24
July 29-August 14

SEA TRACKERS 3 AGES 6 & UP
Sea trackers 3 will focus on endurance in front/back crawl and elementary backstroke with practice in deeper water. Skills included in this class: front crawl with rotary breathing (15 yards), back crawl (15 yards), headfirst entry from the side in sitting and kneeling positions, tread water (2 minutes), introduction to standing/stride dive.

AM SESSIONS: 9:45-10:25 a.m. or 11:15-11:55 a.m.
June 11-June 20
June 25-July 11 (no lessons July 2-4)
July 16-July 25
July 30-August 8

PM SESSIONS: 6:45-7:25 p.m. or 7:30-8:10 p.m.
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SEA TRACKERS 4 AGES 6 & UP
Sea trackers 4 will continue to gain endurance with the previously learned strokes in the front and back crawl, and the elementary backstroke. Breaststroke technique will also be emphasized. Upon completion of sea trackers 4, swimmers may advance to level 5 or elect to join the junior seadog swim club. Skills learned in the class: front crawl w/open turn and streamline (25 yards), backstroke w/open turn (25 yards), elementary backstroke (15 yards), sidestroke (15 yards), introduce butterfly arms.

AM SESSIONS: 9:45-10:25 a.m. or 11:15-11:55 a.m.
June 11-June 20
June 25-July 11 (no lessons July 2-4)
July 16-July 25
July 30-August 8

PM SESSIONS: 6:45-7:25 p.m. or 7:30-8:10 p.m.
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SEA TRACKERS 5 AGES 6 & UP
Sea trackers 5 will refine technique and endurance in the front and back crawl, elementary backstroke and breaststroke while learning the butterfly. Skills in this class include: front crawl with flip turns (50 yards), backstroke with open turns (50 yards), elementary backstroke (25 yards), breaststroke (25 yards), butterfly (15 yards), dolphin kick on front and back (25 yards), sidestroke (25 yards), introduce: retrieve a 5 lb brick from deep water.

AM SESSIONS: 9:45-10:25 a.m. or 11:15-11:55 a.m.
June 11-June 20
June 25-July 11 (no lessons July 2-4)
July 16-July 25
July 30-August 8

PM SESSIONS: 7:30-8:10 p.m.
June 10-June 26
July 8-July 24
July 29-August 14

SEA TRACKERS 6 AGES 6 & UP
Sea trackers 6 will polish all strokes, so participants swim with ease, efficiency, power and smoothness over greater distances. Mastery of this class will help set the stage for potential in lifeguarding, competitive swimming or teaching swimming. Skills include: freestyle with flip turns (100 yards), backstroke with flip turns (100 yards), breaststroke with underwater pull out (50 yards), butterfly (25 yards), im (25 yds. Butterfly, 25 yds. Backstroke, 25 yds. Breaststroke and 25 yds. Freestyle), elementary backstroke (50 yards), retrieve 5 lb. Brick from bottom of deep water using a surface dive, tread water 4 minutes plus 1 minute with no hands, competitive shallow dive off starting blocks, underwater streamline using dolphin kicks (15 yards).

AM SESSIONS: 9:45-10:25 a.m. or 11:15-11:55 a.m.
June 11-June 20
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PM SESSIONS: 7:30-8:10 p.m.
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ST. ANTHONY SEADOGS (COMPETITIVE SWIM CLUB)

This program lends more experienced (currently level 4 and up) swimmers the opportunity to develop their skills in a structured, but fun club environment. We are bringing individualized attention, training and encouragement to each participant.

The Seadogs club will also give more novice swimmers the chance to learn more about competitive swimming and acts as stepping stone into the high school teams. Start out as a seadog to one day become a proud HUSKY!

PROGRAM DATES:
June 111-Augus 8 (no club July 2-4)

AM OPTIONS:
Tuesday & Thursday
8:00-9:00 a.m.

PM OPTIONS:
Tuesdays & Thursdays
5:30-6:30 p.m.

OPTIONS: 1 Day 2 Days 3 Days 4 Days
PRICE: $120 $220 $330 $440

HIGH SCHOOL PRE-SEASON (COMPETITIVE SWIM TRAINING) GRADES 7-12

This is the perfect opportunity for swimmers who are interested in taking their swimming to the next level or for students that are considering joining the high school swim team. This program is also great for swimmers currently on the High School swim team who wish to maintain their stroke performance.

Workouts will include the four competitive swim strokes-backstroke, freestyle, butterfly and breaststroke. Also included are starts, flip turns, stroke drills, specific stroke technique, endurance work and more!

PROGRAM DATES:
June 111-Augus 8 (no club July 2-4)

AM OPTIONS:
Tuesday & Thursday
7:00-8:00 a.m.

PM OPTIONS:
Tuesday & Thursday
5:30-7:00 p.m.

OPTIONS: 1 Day 2 Days 3 Days 4 Days
PRICE: $120 $220 $330 $440
Aquatics

The St. Anthony swim program provides complete instructional and recreational swimming for all ages with exceptional certified staff.
Visit www.isd282.org/cs or call 612-706-1166
St. Anthony Pool, 3303 33rd Ave. NE, St. Anthony

Lap Swim
Mondays & Wednesdays
June 10-August 7 *(closed July 1 & 3)*
6:00-7:00 a.m.

Lap Swim Fees:
(Daily fees are collected at the door.)
$3.00 Adults
$2.00 Youth / Senior Citizens
$10 Family
*Family is defined as up to two adults and their dependent children living in the same household. You may be asked to show proper verification.

Pool Passes
Annual pool passes are available for unlimited use at the St. Anthony pool.
Pool Passes must be purchased in advance at:
St. Anthony Community Services, 3301 Silver Lake Road, 612-706-1166

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Are you looking for private swim lessons?
Swim coach Amy Croonquist has openings in the mornings, evenings and on weekends.

$25 per half hour lesson

• Please contact Amy to schedule private lessons for all ages.
Amy Croonquist at 651-343-1633 or acroonquist01@gmail.com

• Call St. Anthony Community Services to register and pay.