



Hastings Family Aquatic Center

2024 Swim Lesson Registration Form

With the experience and training of our staff, we proudly offer American Red Cross Swim Lessons. Our levels include Parent/Child, Pre-Level 1, and Levels 1-6, and Lifeguard Training and Jr Lifeguard Training.

Level Descriptions on the back.

ALL registration beings on April 4, 2024! Online: www.hastingsmn.gov

Monday through Thursday Morning Classes

(8-30 minute classes)

\$55 Total per student

Session A: June 17-27

Session B: July 8-18

Session C: July 22-August 1

Session D: August 5-15

Times/Levels:

9:00-9:30: Level 2, Level 3, Level 4, Level 5, Level 6

9:40-10:10: Pre-1, Level 1, Level 2, Level 3, Level 4, Level 5, Level 6

10:20-10:50: Pre-1, Level 1, Level 2, Level 3, Level 4, Level 5

11:00-11:30: Pre-1, Level 1, Level 2, Level 3, Level 4, Level 5, Level 6

Private Swim Lessons

Various times throughout the summer when there is no programming in the pool.

Register online. Brochure MUST be completed and submitted as well.

A swim Instructor will contact you to set up swim lessons times **after 6/3.**

One Day a Week Classes

(4-45 minute classes)

\$50 Total per student

Saturday am only classes

Session AA: June 8, 15, 22 & 29

Session BB: July 20, 27, & Aug 3, 10

Times/Levels:

9:00-9:45: Level 2, Level 3, Level 4

9:55-10:40: Parent/Child, Level 1, Level 2

10:50-11:35: Level 1, Level 5, Level 6

Sunday pm only classes

Session AAA: June 9, 16, 23 & 30

Session BBB: July 21, 28, Aug. 4 & 11

Times/Levels:

5:45-6:30 Level 1, Level 2, Level 3

6:40-7:25: Level 4, Level 5, Level 6

Tuesday and Thursday Evening Classes

(8-30 minute classes)

\$55 Total per student

Session E: June 18-July 18 (no class 7/2 or 7/4)

Session F: July 23-August 15

Times/Levels:

5:30-6:00: Parent/Child, Pre-1, Level 1, Level 2, Level 3, Level 4, Level 5

6:10-6:40: Parent/Child, Pre-1, Level 1, Level 2, Level 3, Level 4, Level 5

6:50-7:20: Level 2, Level 3, Level 4, Level 5, Level 6

Lifeguard Training \$225 Ages 15 and up (see back)

Spring: May 29-30, June 3-4, 4-8p, June 6— test.

Fall: Monday-Friday, August 26-30, 9-2

Must attend all dates for each session. (Registration deadline is May 1 for Spring and August 9 for Fall) **ONLINE REGISTRATION ONLY**

Junior Lifeguard Training \$75

Age 11-14 (see prerequisites on back)

June 17-20, 9-11am & June 21, 12-2pm

Must attend all dates.

American Red Cross Swim Lesson Levels

Note: Skills listed are not prerequisites for entry but rather individual level goals.

Parent/Child

- Minimum age 6 months to about 3 years
- Parents required to be in pool with child
- Orients young children in the water and prepares them for future classes

Pre-Level 1

- Recommended age 3-5 years
- Parent in pool with child is optional
- Water entry, bubble blowing, front kicking, back floating, underwater exploration, and more

Level 1:

Water Exploration (Shallow water lesson)

- Fully submerge face in water
- Front and back float with support
- Kicking on front and back with support
- Enter and exit the water independently

Level 2:

Primary Skills (Shallow water lesson)

- Float on front and back unsupported for 5 seconds
- Swim on front 5 yards without assistance
- Swim on back 5 yards without assistance
- Retrieve objects under water chest deep

Level 3:

Stroke Readiness (Mid-pool lesson)

- Swim the front crawl for 10 yards
- Swim the back crawl for 10 yards
- Jump into deep water
- Bobs in water over the child's head

Level 4:

Stroke Development (Deep water lesson)

- Deep water bobs
- Standing dive from side of pool
- Elementary backstroke for 10 yards
- Front & back crawl 25 yards (entire length of pool)
- Breaststroke & Sidestroke kick with kickboard

Level 5:

Stroke Refinement (Deep water lesson)

- Front & back crawl 50 yards
- Breaststroke & sidestroke for 10 yards
- Elementary backstroke for 25 yards

Level 6:

Skill Proficiency (Deep water lesson)

- Front & back crawl 100 yards
- Breaststroke & sidestroke 25 yards
- Swim the butterfly 10 yards
- Flip turn

Lifeguard Training

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Prerequisites: Minimum age of 15. Swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and stabilization, propellant kick. Rhythmic breathing can be performed either by breathing to the side or front. 100 yards of breaststroke, using a pull, breathe, kick, glide sequence. 100 yards of either front crawl using rhythmic breathing or breaststroke, or a combination. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Jr. Lifeguarding

Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 year olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15.

Prerequisites: Ability to swim the front crawl for 25 yards continuously while breathing to the front or side. Ability to tread water for 1 minute using arms and legs. Ability to submerge and swim a distance of 10 feet underwater.

HFAC Swim Lesson Registration Form

Please ensure that all fields are completed. You will receive an email confirmation of your registration.

MAIL FORM TO: Hastings Parks and Recreation 920 10th St W c/o Theresa Ellis, Hastings MN 55033

Parent/Guardian Information:

First & Last Name: _____ Email: _____

Street Address: _____ City, State, Zip: _____

Phone Number: _____ Cell:(if different) _____

Check here if you are NEW to our program.

Student Information:

Child #1 _____ **Date of Birth:** _____ **Gender: M/F**

Session Selection: Express A B C D E F AA BB AAA BBB

Level: P/C Pre- 1 Level 1 Level 2 Level 3 Level 4 Level 5 Level 6 Lifeguard Jr. Lifeguard

Time: _____ Cost: _____

Child #2 _____ **Date of Birth:** _____ **Gender: M/F**

Session Selection: Express A B C D E F AA BB AAA BBB

Level: P/C Pre- 1 Level 1 Level 2 Level 3 Level 4 Level 5 Level 6 Lifeguard Jr. Lifeguard

Time: _____ Cost: _____

Child #3 _____ **Date of Birth:** _____ **Gender: M/F**

Session Selection: Express A B C D E F AA BB AAA BBB

Level: P/C Pre- 1 Level 1 Level 2 Level 3 Level 4 Level 5 Level 6 Lifeguard Jr. Lifeguard

Time: _____ Cost: _____

Child #4 _____ **Date of Birth:** _____ **Gender: M/F**

Session Selection: Express A B C D E F AA BB AAA BBB

Level: P/C Pre- 1 Level 1 Level 2 Level 3 Level 4 Level 5 Level 6 Lifeguard Jr. Lifeguard

Time: _____ Cost: _____

Child #5 _____ **Date of Birth:** _____ **Gender: M/F**

Session Selection: Express A B C D E F AA BB AAA BBB

Level: P/C Pre- 1 Level 1 Level 2 Level 3 Level 4 Level 5 Level 6 Lifeguard Jr. Lifeguard

Time: _____ Cost: _____

Sessions A, B, C, D, AA, & BB are morning times. Sessions E, F, AAA, & BBB are evening times. Times are session –specific and are listed on the reverse side. Prices vary by session as well.

Total Cost: _____

Please note: Paper registrations will not be accepted deadline has passed or if the class is full.

We except Visa, Mastercard, and Discover. If paying with a check, make payable to City of Hastings. Cash also accepted.

Number on Card: _____ Exp. Date: _____ 3-digit CVV code: _____
3.12% non-refundable card fee

For Office Use

Date registered: _____

Initials: _____