

# American Red Cross Learn to Swim Program

Fee: \$40.00

Nationally  
Recognized

Lessons will meet for 40 minutes (30 minutes for the Parent/Child class) for seven consecutive weekdays. Teacher to student ratio will be 2 to 8 in Levels Preschool Level One through Level Three. Levels Parent/Child and Levels Four and Five will be 1 instructor to a maximum of 8 students.

Parent/Child: 6 months to 2 years  
 Preschool Level One: 3 to 4 years  
 Level One: Minimum of 5 years

Detailed level descriptions available at  
[www.CityofWinona.com](http://www.CityofWinona.com)

		Parent / Child	Preschool Level One	Level One	Level Two	Level Three	Level Four	Level Five
<b>Session 1</b> June 13- June 21	10:00a		10792	10813	10834	10855		10887
	10:45a	10898	10793	10814	10835	10856	10876	
	6:15p	10899	10794	10815	10836	10857	10877	
	7:00p		10795	10816	10837	10858		10888
<b>Session 2</b> June 27- July 6*	10:00a		10796	10817	10838	10859		10889
	10:45a	10900	10797	10818	10839	10860	10878	
	6:15p	10901	10798	10819	10840	10861	10879	
	7:00p		10799	10820	10841	10862		10890
<b>Session 3</b> July 11- 19	10:00a		10800	10821	10842	10863		10891
	10:45a	10902	10801	10822	10843	10864	10880	
	6:15p	10903	10802	10823	10844	10865	10881	
	7:00p		10803	10824	10845	10866		10892
<b>Session 4</b> July 25- Aug 2	10:00a		10804	10825	10846	10867		10893
	10:45a	10904	10805	10826	10847	10868	10882	
	6:15p	10905	10806	10827	10848	10869	10883	
	7:00p		10807	10828	10849	10870		10894
<b>Session 5</b> Aug 8-16	10:00a		10808	10829	10850	10871		10895
	10:45a	10906	10809	10830	10851	10872	10884	
	6:15p	10907	10810	10831	10852	10873	10885	
	7:00p		10811	10832	10853	10874		10896

3 convenient ways to  
register:

In Person  
Online  
Over the Phone

Concerned about the  
cost? Apply for a  
scholarship at the  
Park & Rec Office!

\*No lessons  
Monday, July 4

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## Learn to Swim Level Six

All Fees: \$40.00

### Guard Start & Jr. WSI

Participants will learn the skills, knowledge, and attitudes associated with Lifeguarding and Water Safety Instruction in preparation for certification and employment in the aquatic field. Successful completion of the course allows participants a chance to shadow guard and work with the Learn to Swim program at the Aquatic Center.

10913  
10914

Session 2: June 27- July 6\*  
Session 4: July 25- August 2

10:45a - 1:00p  
10:45a - 1:00p

\*No lessons  
Monday, July 4

### Diving: Beginner & Intermediate

Diving is a Level Six component, but can compliment participants in Levels 3 and up. The program is designed to allow interested participants to repeat as they continue to develop their skills and abilities. Beginner level is designed for participants with no previous experience. Intermediate level is for participants in high school or with previous diving classes.

10915  
10909  
10916  
10910

Session 2: June 27- July 6\*  
Session 2: June 27- July 6\*  
Session 4: July 25- August 2  
Session 4: July 25- August 2

6:15p-7:00p Intermediate  
7:00p-7:45p Beginner  
6:15p-7:00p Intermediate  
7:00p-7:45p Beginner

### Fitness Swimmer

Designed to refine strokes while teaching participants to swim with more ease, efficiency, power, and over greater distances. Participants will also be introduced to competitive swimming.

10911  
10912

Session 1: June 13- June 21  
Session 3: July 11- July 19

7:00p-7:45p  
10:00a-10:40a