Class Descriptions

**Polliwogs** (6months-3yrs) – this class exposes children and parents to water orientation focusing on achieving a high level of comfort in and around the water. The parents will be instructed in basic skills that will aid the child’s learning of elementary swimming skills. A swim diaper must be worn and an adult is required in the water with the child.

**Ducklings** (3yrs-5yrs) – This beginning level swim class allows toddlers to become familiar with the skills associated with swimming. Students will be introduced to floating, kicking and arm action while playing water games in a safe environment.

**Starfish** (5yrs-up) – This class is for the student who has little or no swimming experience. Skills introduced will include water entry, floating, flutter kicking, and arm action. Class will also cover basic pool safety.

**Sea Turtles** (5yrs-up) – Students must possess skills from previous level and swim 5 yards without support. Skills introduced will include freestyle, backstroke, butterfly kick, and elementary backstroke kick. Classes will also include some water safety skills.

**Dolphins** (7yrs-up) – Students entering this course should be able to swim freestyle and backstroke for 15 yards. Students will work on endurance with continuing to improve backstroke and freestyle along with mastering side breathing. They will also build on the butterfly and elementary backstroke skills previously learned. Breaststroke, sidestroke and the basics of turning at the will be also be introduced.

**Sharks** (8yrs-up) – the instructor is no longer required to be in the water, therefore, students must be able to swim freestyle and backstroke efficiently for the entire length of the pool (25yards). This class will work on the coordination and refinement of all the strokes and increase their distance. Flip turns on the front

**Class Ratios**

<table>
<thead>
<tr>
<th>Class</th>
<th>Student:Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Polliwogs</td>
<td>12:1</td>
</tr>
<tr>
<td>Ducklings</td>
<td>4:1</td>
</tr>
<tr>
<td>Starfish &amp; Sea Turtles</td>
<td>6:1</td>
</tr>
<tr>
<td>Dolphins</td>
<td>8:1</td>
</tr>
<tr>
<td>Sharks</td>
<td>10:1</td>
</tr>
</tbody>
</table>

**Pricing**

<table>
<thead>
<tr>
<th></th>
<th>Sessions 1, 3 &amp; 4</th>
<th>Session 2*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Session</td>
<td>$55</td>
<td>$51</td>
</tr>
<tr>
<td>Multiple Sessions</td>
<td>$45</td>
<td>$41</td>
</tr>
<tr>
<td>Sibling Discount</td>
<td>$50</td>
<td>$45</td>
</tr>
<tr>
<td>Multiple Session / Sibling Discount</td>
<td>$40</td>
<td>$36</td>
</tr>
<tr>
<td>Staff Discount**</td>
<td>$45</td>
<td>$41</td>
</tr>
<tr>
<td>Multiple Session / Staff Discount**</td>
<td>$40</td>
<td>$36</td>
</tr>
</tbody>
</table>

*Classes will not be held on 7/3/09*

Swim Lessons begins June 15, 2009

*Classes will not be held on 7/3/09*

Registration Begins May 18, 2009

Early Bird Registration begins May 11, 2009**

**Full-time Macalester Faculty and Staff Only
Schedule of Classes

Session 1
6/15/09 - 6/26/09

2:00-2:25  2:30-2:55
111  Polliwog  212  Ducklings
211  Ducklings  311  Starfish
411  Sea Turtles  511  Sea Turtles

3:00-3:25  3:30-3:55
312  Starfish  112  Polliwog
412  Sea Turtles  313  Starfish
512  Dolphins  611  Sharks

4:00-4:25  4:30-4:55
314  Starfish  113  Polliwog
413  Sea Turtles  213  Ducklings
513  Dolphins  516  Sharks

Session 2
6/29/09 - 7/10/09
*Classes will not be held on 7/3/09*

2:00-2:25  2:30-2:55
121  Polliwogs  321  Starfish
221  Dolphins  422  Sea Turtles
421  Sea Turtles  521  Dolphins

3:00-3:25  3:30-3:55
322  Starfish  122  Polliwogs
323  Starfish  423  Sea Turtles
522  Dolphins  621  Sharks

4:00-4:25  4:30-4:55
324  Starfish  423  Sea Turtle
523  Dolphins  622  Sharks

Session 3
7/13/09 - 7/24/09

2:00-2:25  2:30-2:55
131  Polliwogs  232  Ducklings
231  Ducklings  431  Sea Turtles
331  Starfish  631  Sharks

3:00-3:25  3:30-3:25
332  Starfish  132  Polliwogs
432  Sea Turtles  333  Starfish
531  Dolphins  532  Dolphins

4:00-4:25  4:30-4:55
334  Starfish  133  Polliwogs
433  Sea Turtles  233  Ducklings
533  Dolphins  632  Sharks

Session 4
7/27/09 - 8/7/09

2:00-2:25  2:30-2:55
141  Polliwogs  342  Starfish
241  Ducklings  441  Sea Turtles
341  Starfish  541  Dolphins

3:00-3:25  3:30-3:25
343  Starfish  142  Polliwogs
442  Sea Turtles  344  Starfish
641  Sharks  542  Dolphins

4:00-4:25  4:30-4:55
242  Ducklings  143  Polliwogs
443  Sea Turtles  243  Ducklings
642  Sharks  543  Dolphins

Ways to Register

Phone: 651-696-6471
Mail: Macalester Athletics
1600 Grand Ave, St. Paul MN 55105
ATTN: Jennie Charlesworth
Walk In: First two days of each session

Refund/Cancellation Policy

All refund requests must be submitted in writing via email or mail before the second day of the class. There will be a $5 processing fee for all refunds. Call Jennie Charlesworth at 651-696-6471 or email jcharles@macalester.edu with any questions or comments.

Registration Form

Adult Name:_____________________________
Address:________________________________
City: ____________________  Zip:__________
Phone: ( ) _____-_______
Phone: ( ) _____-_______
Email: _________________________________

Child’s Name:____________________________

Class #  Class Name  Start Date  Age  Fee

Class #  Class Name  Start Date  Age  Fee

Class #  Class Name  Start Date  Age  Fee

Child’s Name:____________________________

Class #  Class Name  Start Date  Age  Fee

Class #  Class Name  Start Date  Age  Fee

Child’s Name:____________________________

Class #  Class Name  Start Date  Age  Fee

Class #  Class Name  Start Date  Age  Fee

Total: __________
Method of Payment
Cash  Check # ___________
MC/VISA -________-_________
Exp __/____