



# THE FUN TIMES

Swim Lessons 2019

All classes held at Veterans Memorial Aquatic Center, 714 W. Detroit, Indianola

## Mighty Minnows

**Water Orientation  
& Swim Instruction**

**9 months - 5 years**

You're never too young to have fun in the water. Parents will teach their child water orientation and beginning swim skills through games and activities with the aid of the instructor. Parents may also opt to have their 4-5 year old children attend a class without parents.

Children must wear swim diapers if not yet toilet trained.

**Location:** Veterans Memorial Aquatic Center

**Fee:** \$26.50 (\$21.50 with resident discount)

**Class Min/Max:** 8/16

### Program Fees

When two fees are shown for a program, the first is the regular fee. The second price in parenthesis shows the fee for residents living inside the city limits of Indianola.

Residents receive a discount because they make a significant contribution to the financing and operation of the department through property taxes.

**Fee:** Nonresident fee (Resident fee with discount)

### Ages 9-35 months with parent

| Prog # | Dates                                | Day   | Time           | Registration Deadline |
|--------|--------------------------------------|-------|----------------|-----------------------|
| 5817   | June 8 - June 29                     | Sat   | 8:45 - 9:15 am | Friday, May 31*       |
| 5818   | July 6 - Aug 3<br>(no class July 27) | Sat   | 8:45 - 9:15 am | Friday, June 28*      |
| 5819   | July 9 - July 18                     | Tu/Th | 6:15 - 6:45 pm | Friday, June 28*      |

\* or when full

### Ages 3-5 years with parent

| Prog # | Dates                                | Day   | Time           | Registration Deadline |
|--------|--------------------------------------|-------|----------------|-----------------------|
| 5820   | June 8 - June 29                     | Sat   | 9:20 - 9:50 am | Friday, May 31*       |
| 5821   | July 6 - Aug 3<br>(no class July 27) | Sat   | 9:20 - 9:50 am | Friday, June 28*      |
| 5822   | July 9 - July 18                     | Tu/Th | 6:50 - 7:20 pm | Friday, June 28*      |

\* or when full

### Ages 4-5 years without parent

| Prog # | Dates                                | Day   | Time            | Registration Deadline |
|--------|--------------------------------------|-------|-----------------|-----------------------|
| 5810   | June 8 - June 29                     | Sat   | 9:55 - 10:25 am | Friday, May 31*       |
| 5811   | July 6 - Aug 3<br>(no class July 27) | Sat   | 9:55 - 10:25 am | Friday, June 28*      |
| 5813   | July 9 - July 18                     | Tu/Th | 7:25 - 7:55 pm  | Friday, June 28*      |

\* or when full

To register for swim lessons,  
please call Indianola Parks & Recreation at (515) 961-9420  
or register online at <https://apm.activecommunities.com/cityofindianola/Home>

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of other available community activities and opportunities.*



# AMERICAN RED CROSS SWIMMING LESSON LEVELS

**AGE 5 & UP (MUST BE AGE 5 BY FIRST LESSON DATE)**

## CHOOSING THE CORRECT LESSON LEVEL:

Review the skills in each level. If your child can complete all the skills, advance to the next level. If not, enroll in that level.

### Level 1: Introduction to Water Skills

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

### Level 2: Fundamental Aquatic Skills

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

### Level 3: Stroke Development

- Enter and exit water by jumping from the side
- Headfirst entries from side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float and back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breast stroke kicks on front
- Front crawl and elementary backstroke

### Level 4: Stroke Improvement

- Headfirst entries from the side in compact and stride position
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front & back crawl, backstroke, breaststroke, sidestroke & butterfly
- Flutter and dolphin kicks on back

### Level 5: Stroke Refinement

- Shallow angle dive from the side, glide and begin front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and back crawl, elementary back stroke, breast stroke, side stroke and butterfly
- Sculling

### Level 6: Swimming and Skill Proficiency

- Swim 500 yards continuously using any 3 strokes
- Survival and back floats
- Feet-first dive, retrieve an object from depth of 7-10 feet

**Fee: \$40 (\$35 with resident discount)**

Class Min/Max 3/6

| Session A • June 10 - 20                        |         |         |          |
|---|---------|---------|----------|
| Mondays - Thursdays • Deadline Friday, May 24   |         |         |          |
| 35 min  | 9:15 am | 9:55 am | 10:35 am |
| Level 1   | 5828    | 5829    | 5830     |
| Level 2   | 5842    | 5843    | 5844     |
| Level 3   | 5856    | 5857    | 5858     |
| Level 4   | 5870    | 5871    | 5872     |
| Level 5   |         | 5882    | 5883     |
| Level 6   | 5891    |         |          |
| Session B • June 24 - July 3                    |         |         |          |
| June 24-28, July 1-3 • Deadline Friday, June 7  |         |         |          |
| 35 min  | 9:15 am | 9:55 am | 10:35 am |
| Level 1   | 5831    | 5832    | 5833     |
| Level 2   | 5845    | 5846    | 5847     |
| Level 3   | 5859    | 5860    | 5861     |
| Level 4   | 5873    | 5874    | 5875     |
| Level 5   |         | 5884    | 5885     |
| Level 6   | 5892    |         |          |
| Session C • July 29 - Aug 8                     |         |         |          |
| Mondays - Thursdays • Deadline Friday, July 19  |         |         |          |
| 35 min  | 9:15 am | 9:55 am | 10:35 am |
| Level 1   | 5834    | 5835    | 5836     |
| Level 2   | 5848    | 5849    | 5850     |
| Level 3   | 5862    | 5863    | 5864     |
| Level 4   | 5876    | 5877    | 5878     |
| Level 5   |         | 5886    | 5887     |
| Level 6   | 5893    |         |          |
| Evening I • June 11 - 27                        |         |         |          |
| Tuesdays & Thursdays • Deadline Friday, May 31  |         |         |          |
| 45 min  | 6:15 pm | 7:05 pm |          |
| Level 1   | 5824    | 5825    |          |
| Level 2   | 5838    | 5839    |          |
| Level 3   | 5852    | 5853    |          |
| Level 4   | 5866    | 5867    |          |
| Level 5   |         | 5880    |          |
| Level 6   | 5889    |         |          |
| Evening II • July 25 - August 13                |         |         |          |
| Tuesdays & Thursdays • Deadline Friday, July 12 |         |         |          |
| 45 min  | 6:15 pm | 7:05 pm |          |
| Level 1   | 5826    | 5827    |          |
| Level 2   | 5840    | 5841    |          |
| Level 3   | 5854    | 5855    |          |
| Level 4   | 5868    | 5869    |          |
| Level 5   | 5881    |         |          |
| Level 6   |         | 5890    |          |