



Lifelong Learning: Opportunities for All Ages

2019 Spring/Summer Aquatics

Program Offerings

Swimming Lessons
Open Swim
Female Only Lessons
Female Only Open Swim

www.fridleycommed.com

Facilities and Contacts

The abbreviations listed below denote the locations of the classes listed on the following pages of the brochure.

Fridley Schools

FCC – Fridley Community Center
6085 Seventh Street NE

FHS – Fridley High School
6000 West Moore Lake Drive

FMS – Fridley Middle School
6100 West Moore Lake Drive

HES – Hayes Elementary School
615 Mississippi Street NE

SES – Stevenson Elementary School
6080 East River Road

ALC – Fridley Moore Lake Area Learning Center
1317 Rice Creek Road

Other Facilities

BLCA – Banfill-Locke Center for the Arts
6666 East River Road, Fridley

CHHS – Columbia Heights High School
1400 49th Avenue NE, Columbia Heights

BPE – Boulder Pointe Equestrian and Event Center
6612 189th Lane Northwest
Anoka, MN 55303

PTMT - Prime Time Medical Training
6240 MN-65
Fridley, MN 55432

VE - Vertical Endeavors
2540 Nicollet Ave
Minneapolis, MN 55404

Fridley Community Education

6085 Seventh Street NE
Fridley, MN 55432
763-502-5100

Office Hours

Monday – Friday, 8:00 am – 4:00 pm

Closed

April 19, May 27, July 1-5 and September 2

Community Education Contacts

Stephen Keeler

Director
763-502-5106

Jonele Jensen

Administrative Assistant
763-502-5102

Valerie Anderson

Early Childhood Family Education Coordinator
763-502-5143

Karin Beckstrand

Youth Services (Aquatics & Youth Enrichment)
and PYP Coordinator
763-502-5117

Kristi Sabby

Tiger Club Coordinator
763-502-5119

Sally Leone

Tiger Club Assistant Coordinator
763-502-5135

Maggie Chandler

Adult, Facilities and Senior Programs Coordinator
763-502-5162

Fridley Event Services

Facilities Rental Request Line
763-502-5104

Dan Wold

Auditorium & Events Coordinator
763-502-5631

Bethany Grove

Social Worker
763-502-5121

Mora Slifka

Early Childhood Screener
763-502-5157



District Policy

It is our policy not to discriminate on the basis of gender, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.

Young Swimmer Lessons



These lessons are specifically catered to younger ages. All of our young swimmer lessons are 25 minutes in length and have two instructors for more individualized attention. If you have any questions about these lessons please call 763-502-5117. Please note that the temperature of our pool is set at 82.5 degrees due to its multi-use status. If your child does not respond well to the temperature please let us know, and we will offer a full refund.

Parent & Child (Ages 6 months - 4 years)



Provides students an entry into aquatics and teaches parents basic skills for working with children in an aquatic environment. This course emphasizes basic water safety and self-help skills in a relaxed and playful manner, using games and songs. Students will learn safety entry and exits to and from the water as well as to submerge their mouth, nose and eyes in the water. Parents please note: 1. Swim diaper is required. 2. Parents MUST accompany their child in the water. Student/teacher ratio is 10:2.

Preschool (Ages 3-4)



In this introductory class, students will learn to enter safely into the pool, to blow bubbles through their mouth and nose, to submerge their eyes, nose, and mouth in the water, to float on front and back, to use arm and leg actions, and water safety. Student/teacher ratio is 6:2.

Level 1 - Introduction to Water Skills (5 & 6 year olds only)

Swimmers learn to submerge mouth, nose, and eyes; float on front and back; swim on front and back using arm and leg action; tread water; and water safety. Students must be five years old to be in Level 1. Student/teacher ratio is 6:2.

Regular Lessons

Level 1 - Introduction to Water Skills

Swimmers learn to submerge mouth, nose, and eyes; float on front and back; swim on front and back using arm and leg action; tread water; and water safety. Students must be five years old to be in Level 1.

Level 2 - Fundamental Aquatic Skills

Swimmers learn to jump from side of pool, roll over from front to back, tread water, swim on side, and swim on front and back using combined strokes.

Level 3 - Stroke Development

Swimmers learn to jump into deep water, diving from kneeling and standing, survival float and back float, front and back crawl, and water safety.

Level 4 - Stroke Improvement

Students will learn to swim under water utilizing the front crawl and backstroke open turns, survival swimming, treading water, and water safety. They will also learn the basics of these strokes: breaststroke, sidestroke, and butterfly.

Level 5 - Stroke Refinement



These lessons teach further coordination and refinement of strokes. Swimmers learn the front flip turn, backstroke flip turn, breaststroke, butterfly, sidestroke, and water safety.

Level 6 - Skill Proficiency/Fitness Swimmer

These lessons refine the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances up to 100 yards. Students will swim to improve their fitness level as they refine their strokes.

Semi Private Lessons or Private Lessons

Please call 763-502-5117 to schedule semi-private, private lessons, or Female Only Lessons.

Semi-Private Lesson

Cost: \$13 per session (40 minutes)

Private Lesson

Cost: \$16 per session (40 minutes)

Swimming

Spring 2019 Swim Schedule

Tuesday & Thursday Evening Lessons

May 14 – June 6 (8 sessions)

| Young Swimmer Lessons (Ages 6 month to 6 years) | | |
|--|-----------------------------|------|
| Class Time: 25 Minutes | Group | Cost |
| 5:45-6:10pm | Parent/Child #3000B | \$55 |
| 6:15-6:40pm | Preschool #3008C | \$55 |
| 6:45-7:10pm | Level 1 (5/6 yr old) #3001E | \$55 |

| Regular Lessons (Ages 5 and up) | | |
|---------------------------------|--|------|
| Class Time: 40 Minutes | Group | Cost |
| 6:30pm-7:10pm | Level 1 #3001F Level 2 #3002E Level 3 #3003E | \$65 |
| 7:15pm-7:55pm | Level 2 #3002F Level 4 #3004C Level 5/6 #3056B | \$65 |
| 8:15pm-8:55pm | Female Only Lessons #3091A #3091B #3091C | \$65 |

Saturday Lessons

May 18 – July 20 (8 sessions)

No class May 25 and July 6.

| Young Swimmer Lessons (Ages 6 month to 6 years) | | |
|--|-----------------------------|------|
| Class Time: 25 Minutes | Group | Cost |
| 9:00-9:25am | Parent/Child #3000A | \$55 |
| 9:30-9:55am | Preschool #3008A | \$55 |
| 10:00-10:25am | Level 1 (5/6 yr old) #3001A | \$55 |
| 10:30-10:55am | Preschool #3008B | \$55 |

| Regular Lessons (Ages 5 and up) | | |
|---------------------------------|--|------|
| Class Time: 40 Minutes | Group | Cost |
| 9:30-10:10am | Level 1 #3001B Level 2 #3002A Level 3 #3003A | \$65 |
| 10:15-10:55am | Level 2 #3002B Level 3 #3003B Level 5/6 #3056A | \$65 |
| 11:00-11:40am | Level 1 #3001C Level 2 #3002C Level 3 #3003C Level 4 #3004A | \$65 |
| 11:45am-12:25pm | Level 1 #3001D Level 2 #3002D Level 3 #3003D Level 4 #3004B | \$65 |

Spring/Summer 2019 Open Swim

Spring Open Swim

May 18 – July 20 (8 sessions)

No open swim May 25 and July 6.

1-3pm

\$3/person, \$9/family (family of 6, must include 1 adult)

Summer Open Swim

Monday, Tuesday, Thursday & Friday

June 17 – August 16

No Open Swim July 1 – 5.

1-3pm

\$3/person, \$9/family (family of 6, must include 1 adult)

Summer Female Only Open Swim

Wednesday, 1-3pm & Friday, 10:30am-12:30pm

June 17 – August 16

No Open Swim July 1 – 5.

\$3/person, \$9/family (family of 6, must include 1 adult)

Summer 2019 Swim Schedule

Daytime Lessons

Session 1: Monday – Thursday, June 17 – 27

| Regular Lessons (Ages 5 and up) | | |
|--|--|---------------|
| Class Time: 40 Minutes | Group | Cost |
| 9:30-10:10am | Level 1 #3001G Level 2 #3002G Level 3 #3003F Level 4 #3004D | \$65 |
| 10:15-10:55am | Level 1 #3001H Level 2 #3002H Level 5/6 #3056C Level 7 #3007A (85min) | \$65 \$130 |
| 11:00-11:40am | Level 1 #3001I Level 2 #3002I Level 3 #3003G | \$65 |
| 11:45am-12:25pm | Level 1 #3001J Level 2 #3002J Level 3 #3003H Level 4 #3004E | \$65 |
| Young Swimmer Lessons (Ages 6 month to 6 years) | | |
| Class Time: 25 Minutes | Group | Cost |
| 11:45am-12:10pm | Preschool #3008D | \$55 |
| 12:15-12:40pm | Level 1 (5/6 yr old) #3001K | \$55 |

Daytime Lessons Continued

Session 2: Monday – Thursday, July 8 – 18

| Regular Lessons (Ages 5 and up) | | |
|--|-----------------------------|------|
| Class Time: 40 Minutes | Group | Cost |
| 9:30-10:10am | Level 1 #3001L | \$65 |
| | Level 2 #3002K | |
| | Level 3 #3003J | |
| | Level 7 #3007B (85min) | |
| 10:15-10:55am | Level 1 #3001M | \$65 |
| | Level 2 #3002L | |
| | Level 3 #3003J | |
| 11:00-11:40am | Level 1 #3001IN | \$65 |
| | Level 2 #3002M | |
| | Level 3 #3003K | |
| | Level 4 #3004F | |
| 11:45am-12:25pm | Level 1 #3001O | \$65 |
| | Level 2 #3002N | |
| | Level 5/6 #3056D | |
| Young Swimmer Lessons (Ages 6 month to 6 years) | | |
| Class Time: 25 Minutes | Group | Cost |
| 11:45am-12:10pm | Preschool #3008E | \$55 |
| 12:15-12:40pm | Level 1 (5/6 yr old) #3001P | \$55 |

Session 3: Monday – Thursday, July 22 – August 1

| Regular Lessons (Ages 5 and up) | | |
|--|-----------------------------|------|
| Class Time: 40 Minutes | Group | Cost |
| 9:30-10:10am | Level 1 #3001Q | \$65 |
| | Level 2 #3002O | |
| | Level 3 #3003L | |
| 10:15-10:55am | Level 1 #3001R | \$65 |
| | Level 2 #3002P | |
| | Level 4 #3004G | |
| 11:00-11:40am | Level 2 #3002Q | \$65 |
| | Level 3 #3003M | |
| | Level 4 #3004H | |
| 11:45am-12:25pm | Level 3 #3003N | \$65 |
| | Level 5/6 #3056E | |
| Young Swimmer Lessons (Ages 6 month to 6 years) | | |
| Class Time: 25 Minutes | Group | Cost |
| 11:45am-12:10pm | Preschool #3008F | \$55 |
| 12:15-12:40pm | Level 1 (5/6 yr old) #3001S | \$55 |

Tuesday & Thursday Evening Lessons

Session 1: Tuesday & Thursday Nights, June 18 – July 18 No Class July 2 or 4.

| Young Swimmer Lessons (Ages 6 month to 6 years) | | |
|---|-----------------------------|------|
| Class Time: 25 Minutes | Group | Cost |
| 6:30-6:55pm | Parent/Child #3000C | \$55 |
| 7:00-7:25pm | Preschool #3008G | \$55 |
| 7:30-7:55pm | Level 1 (5/6 yr old) #3001U | \$55 |
| Regular Lessons (Ages 5 and up) | | |
| Class Time: 40 Minutes | Group | Cost |
| 6:30pm-7:10pm | Level 1 #3001T | \$65 |
| | Level 2 #3002R | |
| | Level 3 #3003O | |
| 7:15pm-7:55pm | Level 2 #3002S | \$65 |
| | Level 4 #3004I | |
| | Level 5/6 #3056F | |
| | | |

Session 2: Tuesday & Thursday Nights, July 23 – August 15

| Young Swimmer Lessons (Ages 6 month to 6 years) | | |
|---|-----------------------------|------|
| Class Time: 25 Minutes | Group | Cost |
| 6:30-6:55pm | Parent/Child #3000D | \$55 |
| 7:00-7:25pm | Preschool #3008H | \$55 |
| 7:30-7:55pm | Level 1 (5/6 yr old) #3001W | \$55 |
| Regular Lessons (Ages 5 and up) | | |
| Class Time: 40 Minutes | Group | Cost |
| 6:30pm-7:10pm | Level 1 #3001V | \$65 |
| | Level 2 #3002T | |
| | Level 3 #3003P | |
| 7:15pm-7:55pm | Level 2 #3002U | \$65 |
| | Level 4 #3004J | |
| | Level 5/6 #3056G | |

Female Only Lessons

Fridays, June 21 – August 16 (8 sessions) No Class July 5.

| Regular Lessons (Ages 5 and up) | | |
|---------------------------------|---|------|
| Class Time: 40 Minutes | Group | Cost |
| 9:30-10:10am | Female Only Lessons #3091D #3091E #3091F | \$65 |

Registration

Online

To register online, visit our website <https://fridley.eleyo.com> and select the Community Education tile that corresponds to the programs or classes you are interested in.

If you need assistance in setting up your account, please call 763-502-5100.

In Person or by Mail

Register in person or by mail at the location below:

Fridley Community Center
6085 Seventh St. NE
Fridley, MN 55432

Office Hours
Monday – Friday, 8:00 am – 4:00 pm

Phone

Phone in registrations are possible when paying with MasterCard, Discover, or Visa. 763-502-5100

Fax

Simply fax your registration to us with your MasterCard, Discover, or Visa information. 763-502-5140

Class Registration Policies

Fees

Fees must accompany your registration. You may pay with cash, check (Please make all checks out to ISD #14), or Visa/MasterCard/Discover credit cards.

Cancellations

Fridley Community Education reserves the right to cancel classes due to lack of enrollment or emergencies.

Refunds

Refunds minus a \$5 processing fee will only be issued if requested one (1) business day prior to the start of the first day of class. No refunds will be given after a class has started.

For classes and tours that have a published cancellation deadline, no refunds or credits will be issued after the specified dates. Full refunds or credits are issued if Community Education cancels a class or tour, or the class or tour is already filled.

Satisfaction Guaranteed

Call us if you are not satisfied with any Community Education class.

Closings Due to Weather

In case of bad weather, tune in to local media – broadcast, print and online for information on school closures or check the district's website at <https://www.fridley.k12.mn.us/> for the most current updates. Classes are not held when schools are closed due to the weather.

Safety Disclaimer

There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Fridley Public Schools (ISD#14) assumes no responsibility for injuries received during activities. Any changes in participants' current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

Special Services

Persons with disabilities are welcome in any class or activity and may bring a helper at no extra charge in most cases (please call first). If you need a reasonable accommodation, contact the Community Education Office at 763-502-5100.

Confirmation

If you have an email address on file with us you will receive confirmation. You may also call to confirm your registration. You will be called if class is canceled or filled.

Photo Agreement

Fridley Public Schools Community Education has my permission to use photographs of the person/s enrolled in the course in public releases and or information publications about the program. If you do not want pictures in public releases, you need to contact the Community Education office in writing at fridleycommunityed@fridley.k12.mn.us.

Fee Assistance

Residents of the Fridley School District who are unable to pay the full registration fee for classes may request fee assistance by calling 763-502-5100 or fridleycommunityed@fridley.k12.mn.us by email. Some classes may not qualify for fee assistance or it may be limited. Students within the district on free or reduced lunch are eligible for reduced prices on most classes with proof of participation in the free or reduced lunch program.

UCare Discount

UCare members may take up to a \$15 discount on most classes listed in our catalog. If a class is less than \$15, the member may take the class free of charge. Members must be on UCare at the time of registration and through the duration of the class(es). Members will need to include to include their ID number when registering. Classes that are not eligible for the discount include homeopathy, high risk activities (rock climbing, etc.), hypnosis, and personal trainers. UCare for seniors allows one discount per year.

Senior Citizen Discount

Community members 62 years and older may attend classes at 10% off of the regular fee unless otherwise noted. This discount does NOT apply to classes offered outside of Fridley or Fridley Senior Program Classes.

District Policy

It is our policy not to discriminate on the basis of sex, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.

Registration

Name _____

Address _____

City _____ ZIP _____

Home Phone _____ Work/Cell _____

E-mail Address _____

Registering: ☐ Self ☐ Child ☐ Family (Family's last name: _____)

Please provide names and ages of child/children being registered:

Name _____ Birthdate _____ Grade _____

Name _____ Birthdate _____ Grade _____

Name _____ Birthdate _____ Grade _____

Name _____ Birthdate _____ Grade _____

| Class Number | Class Title | Price |
|--------------|-------------|-------|
| | | |
| | | |
| | | |
| Total | | \$ |

Payment Information: ☐ Check enclosed (payable to ISD #14)

Fridley Community Center

6085 Seventh Street NE, Fridley, MN 55432

Charge My: ☐ Visa ☐ MasterCard ☐ Discover

Card Number _____ Expiration Date _____ 3 Digit Security Code _____

Signature _____

Confirmation

Consider yourself registered for the classes that you have signed up for. Confirmation notice will only be sent to you via a valid email address on file. You will be contacted if the class is full or cancelled. You will be contacted if the class is full or cancelled.



Lifelong Learning: Opportunities for All Ages

**6085 Seventh Street NE.
Fridley, MN 55432**

Nonprofit Org.
U.S. Postage

PAID

Twin Cities, MN
Permit No. 2613

**ECRWSS
POSTAL CUSTOMER**

Superintendent of Schools
Dr. Kim Hiel

**Director of Community
Education**
Stephen Keeler

Fridley School Board
Abdisalam Adam
Mary Kay Delvo
Donna Prewedo
Christopher Riddle
Avonna Stark
Carol Thornton

www.fridley.k12.mn.us



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