

•• AQUATICS ••

SUMMER 2016



- Adaptive Recreation
- Admissions/Group Rates
- Birthday/Pool Parties
- Developmental Swim Team
- Facility Schedules
- Family Fun & Fitness Fridays
- Lap Swimming
- Open Swimming
- Registration Information
- Rentals
- Rowing
- Sailing Club
- Sailing Lessons
- Swimming Lessons
- Water Aerobics

•• Como Regional Park Pool ••

1151 Wynne Ave (Wynne & Lexington Parkway) • 651-489-0378

•• Great River Water Park ••

270 N. Lexington Parkway (I-94 & Lexington Parkway) • 651-642-0650

•• Highland Park Aquatic Center ••

1840 Edgcumbe Road (Montreal & Edgcumbe Road) • 651-695-3773

•• Phalen Park Beach ••

1400 Phalen Drive (located in Phalen Park) • 651-776-9833

•• Phalen Park Lakeside Activity Center ••

1530 Phalen Drive (located in Phalen Park) • 651-776-9833



Mission Statement

To help make Saint Paul the most livable city in America, Saint Paul Parks and Recreation will facilitate the creation of active lifestyles, vibrant places and a vital environment.

This program is subject to change due to citywide or local special events.

Table with 2 columns: Service (General Information, Parkwatch, Volunteer Hotline) and Phone Number (651-266-6400, 651-646-3535, 651-266-6464).

Administration

Director: Michael Hahm, CPRP
Deputy Director: Kathy Korum, CPRP



www.stpaul.gov/parks

Volunteers Needed

Share your time and interests with Saint Paul Parks and Recreation as a volunteer. Opportunities for coaching, teaching classes, or assisting with special events are available.

Photography & Video Recordings

Saint Paul Parks and Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity serves as your consent to such photographs and recordings unless you indicate otherwise to the facility staff.

Minnesota Data Privacy Act

In accordance with the Minnesota Data Privacy Act, personal information requested by Parks and Recreation is never shared with the public. It is only given to the staff and volunteers who need the information to perform their duties.

For Individuals with Special Needs

Saint Paul Parks and Recreation welcomes youth and adults with disabilities or special needs to participate in its programs. If you need a reasonable accommodation, contact the Adaptive Recreation Office at 651-793-6634.

Refunds

Sorry we do not give refunds for bad weather days and all registration refunds are subject to a \$10 administration charge unless program is canceled or filled. To request a refund, contact the Aquatic Facility conducting the activity.

Did you know?

- Admission fees are required for anyone entering the pool area.
- Persons that are not toilet trained must wear swim diapers (waterproof diapers) that can be purchased at the pool or bring plastic pants.
- Our lifeguards are highly trained and qualified. Please adhere to their instructions at all times.
- Flotation devices are allowed in our wading pools if approved by the lifeguard.
- Properly fitting, U.S. Coast Guard approved life jackets are allowed at all pools (in shallow water only). Life jackets are available in the aquatics office for you to use, please ask an aquatics staff person.
- Children must be accompanied by an adult at all times.
- Glass containers, personal coolers, food or beverages are not allowed in the facilities. There are concessions located inside the park.
- Street shoes & high heeled shoes are not allowed on the pool deck.
- Lockers are available at all facilities and locks can be rented for \$1 per visit. Patrons must remove all contents of their locker at the end of each day. Personal locks left overnight will be removed. Please leave your valuables at home. Not responsible for lost or stolen items.
- The pools and beach may close due to inclement weather and/or poor water conditions.



NOTE: In an ongoing effort to provide a safe and enjoyable pool experience for our guests, Saint Paul Parks & Recreation utilizes training exercises to improve our lifeguards' skills and vigilance. These exercises will occur during normal operating hours and may consist of the following: submersible water mannequin, the use of video surveillance equipment, internal and external audits, and active water rescues and or first aid scenarios.



Como Regional Park Pool

1151 Wynne Ave • Wynne Ave & Lexington Pkwy • 651-489-0378

June 11 - September 5

- Holiday hours for September 5:
Lap Swim 9:30am - 11am
& Open Swim 11am - 7pm
- Closed July 2 - 3 for private event
- 400 foot Lazy River
- Aquatic Zip Line
- Diving Well features a
1 meter diving board,
2 diving platforms, and
an aquatic climbing wall
- Children's Activity Pool with age-
appropriate features
- 25 yard 6 lane Lap Pool featuring 2
basketball hoops
- Poolside Cafe
- Men's, Women's, & Family locker rooms.
Locks available for rent.



• WEEK AT A GLANCE •

Como Regional Park Pool

ACTIVITY	Lap Swim	Water Aerobics	Swim Lessons	Open Swim
Sunday	9:30 - 11am	9:30 - 11:00am ²		11am - 7pm
Monday	6:30 - 9am 5 - 6:30pm ¹	11am-12pm ³	9am-12pm	12 - 8pm ¹
Tuesday	6:30 - 9am	11am -12pm ³ 5-6pm ¹	9am -12pm	12 - 8pm ¹
Wednesday	6:30-9am 5-6:30pm ¹	11am-12pm ³	9am-12pm	12 - 8pm ¹
Thursday	6:30-9am	11am - 12pm ³ 5-6pm ¹	9am - 12pm	12 - 8pm ¹
Friday	6:30 - 9am 5-6:30pm ¹	11am-12pm		12 - 8pm ¹
Saturday	9:30 - 11am	8:30 - 9:30am		11am - 7pm

1 M/W/F from 5pm - 6:30pm and Tu & Th from 5pm - 6pm Open Swimming only in the Children's Activity Pool, Diving Well, and Lazy River. Lap Pool has either Lap Swim or Water Aerobics and Open Swim will resume in Lap Pool at end of the scheduled activity until done.

2 Water Aerobics on Sundays is a River Walk class that will take place in the Lazy River utilizing the current for resistance. Drop in class only, no registration required. Please see page 17 for more information.

3 Morning Water Aerobics are held during the same time as swim lessons. Aerobics will continue.



SWIM LESSONS @ Como Regional Park Pool

Session	Fee	Session Dates	Time / Levels
1	\$60	June 13 – June 23 Mon – Thurs	9:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate 10:00am: Fin Buddies - Tigerfish* 11:00am: Fin Buddies - Tigerfish*
2	\$60	June 27 – July 1 Mon – Fri July 5 – July 7 Tues – Thurs	9:00am: Fin Buddies - Tigerfish* 10:00am: Fin Buddies - Tigerfish* & Junior Lifeguard\$ 11:00am: Fin Buddies - Tigerfish*
3	\$60	July 11 – July 21 Mon – Fri	9:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate 10:00am: Fin Buddies - Tigerfish* 11:00am: Fin Buddies - Tigerfish*
4	\$60	July 25 – August 4 Mon – Thurs	9:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate 10:00am: Fin Buddies - Tigerfish* Junior Lifeguard\$ 11:00am: Fin Buddies - Tigerfish*
5	\$60	August 8 – August 18 Mon – Thurs	9:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate 10:00am: Fin Buddies - Tigerfish* 11:00am: Fin Buddies - Tigerfish*

TOT TIME!

Saturday mornings from 9:30am-11am in children's activity pool

Children 6 yrs & under only and their parents \$8 for parent and child and \$4 for each additional child

Developmental Swim Team

A	\$75	June 13 - July 7 Mon - Thurs *No Class July 4	8:00am
B	\$75	July 11 - Aug 4 Mon - Thurs	8:00am
C	\$35	Aug 8 - Aug 18 Mon - Thurs	8:00am

* Includes Levels: Fin Buddies, Jellyfish, Sunfish, Moonfish, Catfish, Parrotfish, Rainbow Trout, Tigerfish

\$ Junior Lifeguard fee will be reimbursed in exchange for 20 volunteer hours at Como Regional Park Pool.

Great River Water Park

270 N. Lexington Parkway • I-94 @ Lexington Parkway • 651-642-0650

June 11 - August 28

- Closed July 4 for holiday
- Closed for maintenance August 29 – September 5. Re-opens September 6
- Children's Activity Pool with age-appropriate features
- Two 1 story water slides
- 25 yard 8-lane lap pool with drop slide, diving board & floats
- Concessions poolside for your convenience.
- Men's, Women's, & Family locker rooms. Locks available for rent.
- Sauna



Friends of Oxford Pool

Friends of Oxford Pool funds swim lessons for children in Saint Paul whose families are financially unable to enroll their child in lessons. We believe these activities give children important water safety skills and lots of healthy fun!

If you are interested in assistance with lesson fees, would like to make a donation or become involved with Friends of Oxford Pool activities, please fill out the form located at the Oxford Community Center reception desk or e-mail: friendsofoxfordpool@gmail.com. You may also write to: Friends of Oxford Pool, 270 N. Lexington Pkwy, Saint Paul, MN 55104

Closed for maintenance
August 29 – September 5.
Re-opens September 6.

Please visit Highland Park Aquatic Center & Como Regional Park Pool

• WEEK AT A GLANCE •

Great River Water Park

ACTIVITY	Lap Swim	Water Aerobics	Swim Lessons	Open Swim	Adaptive Rec
Sunday	11 - 12:30pm ¹	9:30 - 10:30am ³		11am - 5pm ¹	
Monday	6:30 - 9am 5 - 6:30pm ²	9 - 10am	9am-12pm	12 - 8pm ²	
Tuesday	6:30 - 9am	9 - 10am 5 - 6pm	9am - 12pm 5 - 8pm	12 - 5pm	
Wednesday	6:30 - 9am 5 - 6:30pm ²	9 - 10am	9am-12pm	12 - 8pm ²	
Thursday	6:30-9am	9 - 10am 5 - 6pm	9am - 12pm 5 - 7pm	12 - 5pm	7 - 8pm
Friday	6:30 - 9am 5 - 6:30pm ²	9 - 10am		12 - 8pm ²	
Saturday	11 - 12:30pm	10 - 11am	9am - 12pm	12:30 - 7pm	

- 1 Sunday during Open Swim from 11am - 12:30pm, the Lap Pool has Lap Swim from 11am - 12:30pm. The Children's Activity Pool and Large Slides are open for open swim. At 12:30pm the entire park has Open Swim including the Lap Pool.
- 2 M/W/F during Open Swim from 5pm - 6:30pm only the Children's Activity Pool and Large Slides are open. The Lap Pool has Lap Swim and Open Swim will resume in the Lap Pool at 6:30pm.
- 3 Water Aerobics on Sunday morning from 9:30am - 10:30am is an Aquatic Conditioning Class that requires registration. Please see page 17 for more information.

SWIM LESSONS @ Great River Water Park

Session	Fee	Session Dates	Time / Levels
1	\$60	June 13 – June 23 Mon – Thurs	9:00am: Fin Buddies - Tigerfish* 10:00am: Fin Buddies - Tigerfish* & Jr Lifeguard [§] 11:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate
2	\$60	June 27 – July 1 Mon – Fri July 5 – July 7 Tues – Thurs	9:00am: Fin Buddies - Tigerfish* 10:00am: Fin Buddies - Tigerfish* & Jr Lifeguard [§] 11:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate
3	\$60	July 11 – July 21 Mon – Fri	9:00am: Fin Buddies - Tigerfish* 10:00am: Fin Buddies - Tigerfish* & Jr. Lifeguard [§] 11:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate
4	\$60	July 25 – Aug 4 Mon – Thurs	9:00am: Fin Buddies - Tigerfish* 10:00am: Fin Buddies - Tigerfish* & Jr. Lifeguard [§] 11:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate
5	\$60	Aug 8 – Aug 18 Mon – Thurs	9:00am: Fin Buddies - Tigerfish* 10:00am: Fin Buddies - Tigerfish* & Jr. Lifeguard [§] 11:00am: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate
6	\$60	June 14 – July 7 Tues & Thurs	5:00pm: Fin Buddies - Tigerfish* & Jr. Lifeguard [§]
7	\$60	June 14 – Aug 2 Tuesdays	6:00pm: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate 7:00pm: Fin Buddies - Tigerfish*
8	\$60	June 16 – Aug 4 Thursdays	6:00pm: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate 7:00pm: Fin Buddies - Tigerfish*
9	\$60	June 18 – Aug 6 Saturdays	9:00am: Fin Buddies - Tigerfish* 10:00am: Fin Buddies - Tigerfish* 11:00am: Fin Buddies, Jellyfish, & Sunfish
10	\$60	July 12 – Aug 4 Tues & Thurs	5:00pm: Fin Buddies - Tigerfish* & Adult / Teen Beginner & Intermediate



* Includes Levels: Fin Buddies, Jellyfish, Sunfish, Moonfish, Catfish, Parrotfish, Rainbow Trout, Tigerfish

§ Junior Lifeguard fee will be reimbursed in exchange for 20 volunteer hours at Great River Water Park.

Highland Park Aquatic Center

1840 Edgcumbe Road • Montreal & Edgcumbe Road • 651-695-3773

June 11 - September 5

- Holiday hours - July 4 & September 5: Lap Swim 10:30am-12pm & Open Swim 11am-7pm
- Children's Activity Pool featuring Gertie the Guppy and age-appropriate features
- Cool off on the pre-historic whale bone splash pad
- Diving Well features an aquatic climbing wall, two one meter diving boards, and two drop slides.
- 50 meter 8 lane Olympic size swimming pool
- Two Story Slide
- Poolside Cafe
- Men's, Women's, and Family locker rooms. Locks available for rent.



Saint Paul Swim Classic:

Children's Activity Pool is open during this time, but the Diving Well and Main Pool will close all day June 18 & 19. For more information on competitive swimming call STAR Swim Team at 651-704-0024. For alternate pool space please visit the Como Regional Park Pool and/or Great River Water Park.

KIDS FOR CAUSE TRIATHLON

Saturday, June 11 9-11am
No Water Aerobics or Lap Swim on this day

• WEEK AT A GLANCE •

Highland Park Aquatic Center

ACTIVITY	Lap Swim	Water Aerobics	Swim Lessons	Open Swim
Sunday	10:30 - 12pm ¹			11am - 7pm ¹
Monday	5 - 6:30pm ²	10 - 11am ⁴	9am-12pm	12 - 8pm ²
Tuesday	5 - 6:30pm ^{2,3}	10 - 11am ⁴ 5 - 6pm ³	9am - 12pm	12 - 8pm ²
Wednesday	5 - 6:30pm ²	10 - 11am ⁴ 6:30 - 7:30pm ⁵	9am-12pm	12 - 8pm ²
Thursday	5 - 6:30pm ^{2,3}	10 - 11am ⁴ 5 - 6pm ³	9am - 12pm	12 - 8pm ²
Friday	5 - 6:30pm ²	10 - 11am		12 - 8pm ²
Saturday	10:30 - 12pm ¹	9:30 - 10:30am		11am - 7pm ¹

- 1 Saturday and Sunday during Open Swim from 11am - 12:00pm, the Lap Pool has lap swim until 12:00pm. The Children's Activity Pool, Diving Well, Large Slide, and Splash Pad is open at 11am. At 12pm the entire park has Open Swim including the lap pool until close.
- 2 Monday - Friday evening Open Swim between 5 - 6:30pm the Lap Pool has Lap Swim until 6:30pm. The Children's Activity Pool, Diving Well, Large Slide, and Splash Pad are open. At 6:30pm the entire park has Open Swim including the Lap Pool until close.
- 3 Tuesday and Thursday evening between 5 - 6pm the main pool is shared between Lap Swim and Water Aerobics.
- 4 Morning Water Aerobics are held during the same time as swim lessons.
- 5 Water Aerobics on Wednesday from 6:30pm - 7:30pm is a Deep Water Class that requires registration. Please see page 17 for more information.



SWIM LESSONS @ Highland Park Aquatic Center

Session	Fee	Session Dates	Time / Levels
1	\$60	June 13 – June 23 Mon – Thurs	9:00am: Jellyfish - Tigerfish* & Junior Lifeguard \$
			10:00am: Jellyfish – Tigerfish* & Diving
			11:00am: Fin Buddies - Tigerfish* & Diving
2	\$60	June 27 – July 1 Mon – Fri	9:00am: Jellyfish - Tigerfish*
		July 5 – July 7 Tues – Thurs	10:00am: Jellyfish – Tigerfish* & Diving
			11:00am: Fin Buddies - Tigerfish* & Diving
3	\$60	July 11 – July 21 Mon – Fri	9:00am: Jellyfish - Tigerfish* & Junior Lifeguard \$
			10:00am: Jellyfish – Tigerfish* & Diving
			11:00am: Fin Buddies - Tigerfish* & Diving
4	\$60	July 25 – August 4 Mon – Thurs	9:00am: Jellyfish - Tigerfish* & Junior Lifeguard \$
			10:00am: Jellyfish – Tigerfish* & Diving
			11:00am: Fin Buddies - Tigerfish* & Diving
5	\$60	August 8 – August 18 Mon – Thurs	9:00am: Jellyfish - Tigerfish*
			10:00am: Jellyfish – Tigerfish* & Diving
			11:00am: Fin Buddies - Tigerfish* & Diving



Developmental Swim Team

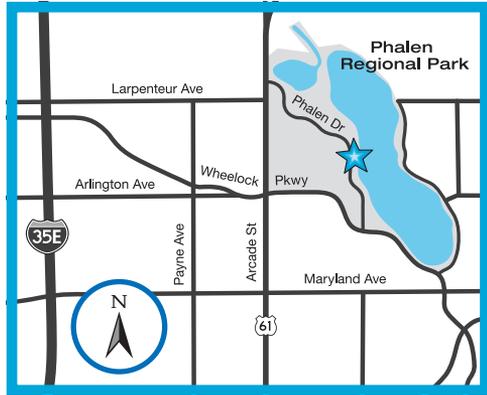
A	\$75	June 13 - July 7 Mon - Thurs	9:00am
		* No Class July 4	
B	\$75	July 11 - Aug 4 Mon - Thurs	9:00am
C	\$60	Aug 8 - Aug 18 Mon - Thurs	9:00am

* Includes Levels: Fin Buddies, Jellyfish, Sunfish, Moonfish, Catfish, Parrotfish, Rainbow Trout, Tigerfish
 \$ Junior Lifeguard fee will be reimbursed in exchange for 20 volunteer hours at Highland Park Aquatic Center

Phalen Park Beach

1400 Phalen Drive • Located in Phalen Park, north of Wheelock Pkwy. • 651-776-9833

Open daily • June 11 - August 28
1pm–7pm • Free Admission



- Located in Phalen Regional Park north of Wheelock Parkway.
- Open Swim, Men's & Women's Locker Rooms available
- Phalen Beach is part of the Saint Paul Public Schools' free summer meals program, meals served Monday through Friday in the afternoon
- Boat rentals are available, see page 14 for more information



Phalen Park

Lakeside Activity Center

1500 Phalen Drive • Located in Phalen Park, north of Wheelock Pkwy.

Instructional Sailing

Come Sail Away is an exceptional and affordable City of Saint Paul course for those with an urge to get out on the water; for those who want to stay safe while having fun.

Sailing is a challenging sport. To help ensure the safety of everyone onboard, a good sailor must have a healthy respect for Mother Nature, always being aware of changing wind and weather. It's called seamanship; and it's a message that comes through loud and clear in Come Sail Away.

Classes are designed to provide students with the knowledge and skills necessary for safe and enjoyable recreational sailing. Classes are taught by certified instructors emphasizing on-the-water experience.

Sailing Course Topics Include:

- Rigging
- Useful knots in sailing
- Sailing terminology
- Rules of the road for sailors
- Sailing rescues for students & others
- Sailing to all points of the wind

Class sizes are limited, so register early. For Sailing Registration, information and updates, please visit: www.stpaul.gov/parks

Sailing - Instructional

Phalen Lakeside Activity Center 651-266-6396

Classes are designed to provide participants with the knowledge and skills necessary for safe and enjoyable recreational sailing. Topics include sailing terminology, knots, rules, rescues and sailing to all points of the wind.

Basic Sailing

Ages: 14 & up	Sessions: 8	Fee: \$125
Date: June 6	Day: Mon/Wed	Time: 5:30-8:30pm
Date: June 7	Day: Tue/Thur	Time: 5:30-8:30pm
Date: July 6	Day: Mon/Wed	Time: 5:30-8:30pm
Date: July 7	Day: Tue/Thur	Time: 5:30-8:30pm
Date: Aug 3	Day: Mon/Wed	Time: 5:30-8:30pm
Date: Aug 4	Day: Tue/Thur	Time: 5:30-8:30pm

Intermediate Sailing

Sessions: 2	Date: Aug 2 & 4	
Ages: 14 & up	Day: Tue/Thur	
Time: 5:30-8:30pm		Fee: \$55





Developmental Swim Team

This program gives more experienced swimmers opportunities to develop their skills in a structured, but fun environment. It also gives younger children a chance to learn more about competitive swimming and acts as a stepping stone into competitive school swim teams. Need to have passed Tigerfish level or equivalent.

See Highland and Como pages for more information.

Test your new skills in a relaxed swim meet setting!

Teams from Como and Highland
will compete for fun and prizes on Friday, August 26
at Como Regional Park Pool at 9am.
Bring the whole family to cheer you on!



Youth Fitness Class at Great River

Mission Statement: A fitness program geared towards teens and youth for healthy living. Encompassing both water fitness and health mentorship with activities you can do in and out of water.

A great initiative to a healthy life style.

Dates:

June 13th – June 23rd

July 11th – July 21st

Cost:

\$45 with registration

\$6 drop in

Call 651-642-0650 for more info

Highland Pool Ice Cream Party!



Come out to Highland Park Aquatic Center and cool off with free ice cream and fun activities.

Monday June 27th 2016

12:00pm - 4:00pm

Highland Park Aquatic Center

1840 Edgcumbe Drive

Saint Paul, MN 55116

651-695-3773



Family Fun & Fitness Fridays

Visit Como Regional Park Pool, Highland Park Aquatic Center, or Great River Water Park for only \$2 / person on the following dates:

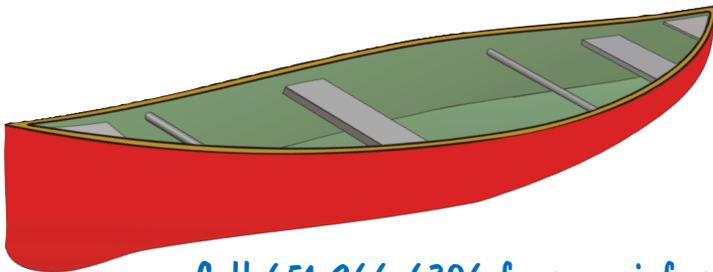
June 17, July 15, August 19

Lake Phalen Boat Storage

Do you have a sailboat? How about a canoe or kayak? Why not store it on Lake Phalen this summer and enjoy this pristine lake in the heart of Saint Paul whenever you like?



Lake Phalen is one of the largest lakes in Saint Paul and no gasoline outboard motors are allowed on the lake, so it is a perfect place for peaceful boating on a sunny summer day. Seasonal sailboat buoy rentals are \$300 for Saint Paul residents and \$400 for non-residents. Canoe and Kayak storage is just \$100 for Saint Paul residents and \$130 for non-residents.



Call 651-266-6396 for more information.

Celebrate your birthday @ Como Regional Park Pool, Highland Park Aquatic Center, or Great River Water Park!



**Book
your
party
today!**

See contact information
on page 14.

Swim, Cake & Ice Cream Package

Includes: Single day Water Park admission, personalized birthday cake, ice cream, three (3) pitchers of beverage of your choice, cups, paper plates, plastic ware, napkins, 1 hour party time at Great River Water Park in decorated Party Room or 2 1/2 hours party time at Como Regional Park Pool and Highland Park Aquatic Center in Cabana to open gifts, eat and socialize, card for the birthday child which includes a ticket for free single day Water Park youth admission.*

Rate \$11 per person

Swim & Meal Deal

This package includes everything in the Swim, Cake & Ice Cream package, plus your choice of pizza slice & snack or hot dog & chips.

Rate \$15 per person

No outside food or beverage allowed.

Minimum of six (6) paid party attendees to reserve a party package.

Reservations must be approved 7 days in advance of the date to be used.

**** Adult swim fees are not included in party package prices.***

Swim Lessons

FEE: \$60/person



Fin Buddies

(6 months up to 3 years)

An adult must accompany the child. Adults and instructors work together to develop the child's comfort in the water.

Adults learn basic safety practices for working with children in and the water. Adults and children will learn adjustment and basic skills.

Jellyfish - Water Exploration

(Ages 3-5)

Offers swimmers the first opportunity to learn basic water exploration skills without a parent. Swimmers will learn:

- To feel comfortable in the water and enjoy the water
- Basic water safety skills
- Supported float on front/back
- Water adjustment
- Supported kicking on the front/back
- Fully submerge face 3 seconds



Sunfish - Primary Skills

The objective is to give swimmers success with fundamental skills. Swimmers must be comfortable in the water without a parent and have completed Jellyfish or have equivalent skills. Swimmers will learn:

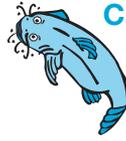
- Supported floats on front/back
- Float and glide on front/back
- Introduction to front & back crawl
- Supported deep water orientation
- Supported combined stroke on front/back using kicks and alternating arm action, 5 yds
- To retrieve objects under water



Moonfish - Advanced Primary Skills

Give swimmers more success with fundamental skills learned in the Sunfish Level above. Swimmers will learn:

- Rhythmic breathing skills
- Deep water orientation
- Unsupported floats on front/back
- Elementary backstroke introduced
- Unsupported combined stroke on front/back using kicks and alternating arm action, 5 yds



Catfish - Stroke Readiness

Builds on skills by coordinating strokes and increasing endurance. Swimmers must have completed Moonfish or have equivalent skills. Swimmers will learn:

- Coordinate front crawl, 15 yards
- Coordinate back crawl, 15 yards
- Elementary backstroke, 10 yards
- Introduction to diving from side of pool
- Treading water, 30 seconds
- Whip kick introduced

Parrotfish - Stroke Development

Develops endurance in strokes and introduces the breaststroke and sidestroke. Swimmers must have completed Catfish or have equivalent skills. Swimmers will learn:

- Front/back crawl, 50 yards
- Elementary backstroke, 25 yards
- Breaststroke introduction
- Sidestroke introduction
- Breaststroke kick, 25 yards
- Scissors kick, 10 yards



Rainbow Trout - Stroke Refinement

Refine coordination and increases endurance of key strokes. Butterfly is introduced. Swimmers must have completed Parrotfish or have equivalent skills. Swimmers will learn:

- Front/back crawl, 75 yards
- Breaststroke, 50 yards
- Elementary backstroke, 50 yards
- Butterfly introduced
- Sidestroke, 25 yards
- Beginning diving from board



Tigerfish - Skill Proficiency

Polish strokes so swimmers swim them with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn:

- Front crawl, 100 yards
- Back crawl, 100 yards
- Breaststroke, 75 yards
- Sidestroke, 50 yards
- Tread water, 5 minutes
- Recover 10lb. brick from deep end



Minnesota is the Land of 10,000 Lakes - and that means knowing how to be safe in and around water is essential. With qualified instructors, our swimming lessons are fun and teach participants how to safely swim at all skill levels. Participants are grouped based upon ability. Please see Swim Lesson Skill Level Descriptions at left & below.

- Swimming lessons are offered at Como Regional Park Pool (pages 4–5), Great River Water Park (pages 6–7), and Highland Park Aquatic Center (pages 8–9).
- Unless otherwise noted, lessons start on the hour and last 50 minutes.
- There are eight (8) classes per session. In the event of a canceled class, make up days will be held if necessary. You'll be notified of the change.
- Children with disabilities are encouraged to participate in our lesson program. Call the Adaptive Recreation Office 651-793-6635 (711 for hearing impaired). Please contact us two weeks prior to the registration deadline for the session.

Adult Introductory Level - This class is for adults/teens that have little to no experience in and around water. The objective is to introduce basic fundamental skills essential for safe swimming including floating, introducing front/back strokes, treading water, recovering submerged objects and basic first aid and safety.

Adult Intermediate Level - The intermediate level for adults/teens for those that have passed the Introductory Level or that have some experience in and around water but are uncomfortable with their swimming skills. Participants will build endurance, refine strokes and will be introduced to new strokes.

Junior Lifeguard - Participants gain valuable first hand experience, learn to enforce pool rules, use safety equipment, scan, emergency action plans, and more. Saint Paul Residents: free with a commitment of 20 volunteer hours @ Great River Water Park, Highland Park Aquatic Center, or Como Regional Park Pool.

Springboard Diving - Beginning springboard lessons are for swimmers with at least Parrotfish swimming skills. This class offers skills and techniques, such as: safety, basic front and back dives, three and Four step approach, tuck & pike positions, and depending on ability participant may also learn flips and spins. Register early, class size is limited.

Private Swimming Lessons -

FEE: \$30/person

Half (½) hour private swimming lessons are offered for individuals and small groups up to three (3) individuals. Contact the facility for more information and/or scheduling.

Developmental Swim Team - Introductory competitive swim program at Highland Park Aquatic Center, geared to swimmers ages 7-18. The program is a chance for younger children to learn about competitive swimming, and acts as a stepping stone into competitive school swim teams and/or maintain skills during the off-season. Our program is coached by STAR Swim Club, a local swim club with a national reputation for producing Olympic-caliber swimmers. See page 9 for schedule & fee info.

Water Aerobics

@ Como Regional Park Pool,
Great River Water Park &
Highland Park Aquatic Center

Now offering additional options for aquatic fitness. Aquatic fitness is a low impact work out. Classes are available for swimmers and non-swimmers. Pre-registration minimum 6 people and walk-ins will be welcome but limited space and supplies are available.

Deep Water Conditioning -

(Drop ins only \$6. Limited equipment and space) All the moves we do in the shallow end are now being brought to the deep end. Use equipment to build strength and endurance.

Wednesdays: 6:30-7:30pm at Highland Park Aquatic Center

Sundays: 9:30-10:30am at Great River Water Park

Power Water Aerobic Challenge - \$6

Want to add a little more to your fitness program. This class adds challenging choreography with the assistance of a demonstrator. Beginners to advanced.

Drop In Class -Fridays

9am-10am	Great River Water Park
10am-11am	Highland Park Aquatic Center
11am-12pm	Como Regional Park Pool

Water Walking - \$7 Drop In Class at

Como Regional Park Pool - Sundays at 9:30-11:00am

Add a bit of splash to your walk. Add a belt for additional support or add webbed gloves for an arm workout. For all ages with the ability to walk independently in water.



Registration Information



Ways to Register



1 On-Line

Register at www.stpaul.gov/parks with a valid credit card. Click on "Register for Programs" under Quick Links. Visa, MasterCard, Discover, & American Express cards are accepted.

2 In Person

Cash or credit card accepted at all recreation centers.

3 Phone In

Registrations are accepted with a valid credit card. Call any of the Recreation Centers to register.

To register for Aquatics Programs online:

1. Go to www.stpaul.gov/parks
2. Click on 'Aquatics' along the left side
3. Click on desired location
4. Click on 'Swimming Lessons' or 'Water Aerobics' and choose desired session
5. Follow links on webpage to register for your desired activity and session.

* Levels offered vary by site, session, and time. See website for details.



ADMISSION & MEMBERSHIPS

for Como Regional Park Pool, Great River Water Park, & Highland Park Aquatic Center

Summer Pool Membership

[Memorial Day - Labor Day]

Includes access to: Como Regional Park Pool, Great River Water Park, and Highland Park Aquatic Center

Guest	Resident	Non-Resident
Under 48"	\$70	\$100
Over 48"	\$90	\$120
Family (up to 5 people)	\$200	\$250
<i>Additional family member</i>	\$40	\$50

Annual Aquatic Membership

Includes: Includes access to: Como Regional Park Pool, Great River Water Park, and Highland Park Aquatic Center for 12 months after purchase

Guest	Resident	Non-Resident
Under 48"	\$210	\$280
Over 48"	\$260	\$345
Family (up to 5 people)	\$495	\$650
<i>Additional family member</i>	\$50	\$70

- Must provide identification
- Guests will be given a membership card (lost or stolen cards will be charged a \$5 replacement card fee)

Daily Pass

UNDER 48"	\$6.00
OVER 48"	\$7.00
FAMILY (Up to 5 People)	\$24.00
<i>Additional family member</i>	\$4.00
DECK FEE	\$4.00

Daily Group Rate (10+ people)*

UNDER 48"	\$4.50
OVER 48"	\$5.50

* Groups of 25+ can get \$.50 off per ticket if they call ahead.

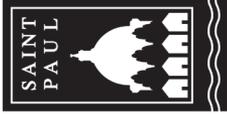
10 Swim Card

Includes 10 daily passes.

UNDER 48"	\$54.00
OVER 48"	\$63.00

No checks accepted.





Saint Paul Parks & Recreation

400 City Hall Annex

25 West 4th Street

Saint Paul, MN 55102

An Affirmative Action Equal Opportunity Employer

www.stpaul.gov/parks