

SWIMMING

Carlson Pool, 1365 South Grade Road

We are sorry, due to high usage of the pool, events could be re-scheduled or cancelled with little/no notice.

NOTE: If school is delayed or cancelled, all PRCE swim classes will be cancelled. We are sorry for this inconvenience!

HIGH TIDES DEVELOPMENTAL PROGRAM

Partnering with PRCE

Mondays, Wednesdays, Fridays

BRONZE

(Formerly Silver)

New Name

Time: 4:40-5:20 pm

#12103 January 4 - 30

(No practice January 16 & 27)

#12108 February 1 - 24

(No practice February 20)

#12109 April 9-30

#12110 May 2-23

Fee: \$50

Swimmers should have completed Red Cross Level 3 and be comfortable in the water. Instructors will work with swimmers in the water as they learn correct basic stroke technique in freestyle and backstroke, introduce elements of the breaststroke and rhythmic breathing techniques. Swimmers will advance through Silver when they have accomplished these techniques. Starts and turns will be introduced at this level.

SILVER

(Formerly Novice)

New Name

Time: 5:20-6:00 pm

#12104 January 4 - February 24

(No practice January 16, 27 & February 20)

#12111 April 9-May 23

Fee: \$95

Swimmers must master skills from Silver before enrolling in Novice, which includes development of proper stroke technique and starts and turns. Swimmers will continue to improve their stroke skills in freestyle, backstroke and breaststroke with the goal of competitive swimming. Butterfly stroke will be introduced. Some endurance and set swimming will be done in this group, but the focus will be on teaching skills and techniques necessary to have successful competitive swim.



ADULT EARLY MORNING LAP SWIMMING

Days: Mondays, Wednesdays & Fridays

Time: 5:30 - 7:00 am

#12100 Pass: \$75 January 4 – June 6, 2012

*No Lap Swim: February 20, March 12, 14, 16, April 6 and May 28

Daily Admission: \$3 OR Discount Tickets

Adult Early Morning Lap Swim is self-paced and come 'n go during the hours listed. During the winter months, to help keep the pool deck clean, please enter the pool area through the locker rooms or leave your boots/shoes in the foyer.



#12112 DISCOUNT TICKETS \$25

Available at PRCE Office

Purchase a packet of 10 tickets at this reduced price!

Enjoy 10 lap swims or 10 open swim tickets
or combination of the two!

Save \$5 and leave your cash at home!



INDOOR OPEN SWIMMING

Friday Evenings dates listed

January 6, 13, 20, 27

February 3, 10, 17, 24

March 23, 30

April 6, 13, 20

May 4, 11, 18 (last day to swim)

Time: 7:00-9:00 pm

Fee: \$3/person at the door OR Discount ticket

All ages Welcome! Bring your family and enjoy a fun time swimming! Celebrate birthdays or special occasions with a swimming party! To find out more details, please call 234-5638.

NOTE: If Hutchinson Schools are cancelled, Open Swim will be cancelled.

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EARLY MORNING WATER WORKOUT

(Please pay per month)

#12101 January 3, 5, 10, 12, 17, 19, 24

#12113 February 2, 7, 9, 14, 16, 21, 23

#12114 March 1, 6, 8, 20, 22, 27, 29

#12115 April 3, 5, 10, 12, 17, 19, 24

#12116 May 1, 3, 8, 10, 15, 17, 22

Time: 5:30-7:00 am

Instructor: Karen Dettman

Fee: \$25/month

Limit: 22

Early morning risers enjoy an individualized self-paced water workout! For those new to the program, exercises will be taught and explained until you get comfortable doing them, then you will set goals and workout to accomplish those goals! The instructor will monitor and guide you, and when ready, challenge you to a new level. Workout equipment available at class includes bells, noodles and kick boards. You choose the amount of time you can workout within the times listed. Discount tickets do not apply for this class.

AMERICAN RED CROSS PRESCHOOL PARENT AND TOT SWIM

(Preschool child ages 3-5 and Mom or Dad)

#12117 Wednesdays, April 4, 11, 18, 25

Time: 6:30-7:00 pm

Instructor: Karrie Taylor

Fee: \$15

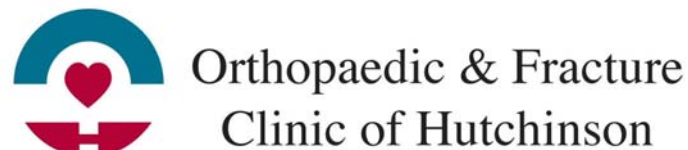
Limit: 20

Parents help your child learn games and fun activities that introduce your child to the water and basic swimming skills of paddling, kicking and breathing.



Watch for LIFEGUARD TRAINING and WATER SAFETY INSTRUCTOR (WSI) offered in May, but advertised in our next brochure. April 1 these courses will be available to view on our web site:

www.ci.hutchinson.mn.us/parkrec.html



EVENING WATER EXERCISE

#12118 Wednesdays, April 4, 11, 18, 25

Time: 7:05-7:50 pm

Instructor: Karrie Taylor

Fee: \$15

Limit: 25

This class is a self-paced workout. Instructor will show you various exercises rotating between deep water exercises, shallow water aerobics, and water circuit exercises, then you work on your own or team up with a friend!

ADULT SWIMMING LESSONS

#12119 Wednesdays, April 4, 11, 18, 25

Time: 7:50-8:35 pm

Instructor: Karrie Taylor

Fee: \$15

Limit: 12

It's never too late to learn to swim! This is an opportunity that will help you conquer that fear of water and learn to swim. Progress at your own pace with individualized instruction. Take the plunge!

GAMELINE 234-GAME (234-4263)

Call the GAMELINE to receive up-to-date information on pool related changes or cancellations.

NOTE: If Hutchinson Schools are cancelled, evening classes at schools will be cancelled. A make-up date will be worked out with the instructor.