

2023 SWIMMING LESSONS & WATER SAFETY INSTRUCTION AT THE PARKERS PRAIRIE AQUATIC CENTER:

Lessons in 2023 are offered through "EDUCATION FOR ALL SQUID SCHOOL." Education for All Squid School specializes in self-rescue/drowning prevention lessons. These include all the typical swim skills, with a focus on self-rescue skills. Their lessons do have "levels" and they will give out reports at the end of each session. You may register ONLINE at squidschoolmn.com.

2023 Session Dates/Times:



SESSION #1 = JUNE 12, 13, 14, 15, 16

- 6:10-6:30 Parent/Child (child 2-35 months) = \$57
- 6:10-6:30 Mr. Rays intro to swimming lessons (child 2-3½ years) = \$57
- 6:30-7:10 Shrimps, Little Otters, Otters = \$88
- 7:15-7:55 Otters, Penguins, King Penguins = \$88
- 8:00-8:40 Penguins, King Penguins, Sea Turtles, Seals, Walrus = \$88

SESSION #2 = JUNE 19, 20, 21, 26, 27, 28

- 6:10-6:30 Parent/Child (child 2-35 months) = \$68
- 6:10-6:30 Parent/Child intro to swimming lessons (child 3-5 years *Special Needs*) = \$68
- 6:30-7:10 Shrimps, Little Otters, Otters = \$105
- 7:15-7:55 Otters, Penguins, King Penguins = \$105
- 8:00-8:40 Penguins, King Penguins, Sea Turtles, Seals, Walrus = \$105
- 8:45-9:25 Adult Swim Class = \$105 (\$75 if you have a child in our swim program)

SESSION #3 = JULY 10, 11, 12, 17, 18, 19

- 4:30-5:10 Electric Eels, Dolphins = \$75 (this class will be held at Lake Miltona Beach)
- 6:10-6:30 Parent/Child (child 2-35 months) = \$68
- 6:10-6:30 Mr. Rays intro to swimming lessons (child 2-3½ years) = \$68
- 6:30-7:10 Shrimps, Little Otters, Otters = \$105
- 7:15-7:55 Otters, Penguins, King Penguins = \$105
- 8:00-8:40 Penguins, King Penguins, Sea Turtles, Seals, Walrus = \$105
- 8:45-9:25 Adult Swim Class = \$105 (\$75 if you have a child in our swim program)

SESSION #4 = JULY 31, AUGUST 1, 2, 3, 4

- 4:30-5:10 Electric Eels, Dolphins = \$63 (this class will be held at Lake Miltona Beach)
- 6:10-6:30 Parent/Child (child 2-35 months) = \$57
- 6:10-6:30 Parent/Child intro to swimming lessons (child 3-5 years *Special Needs*) = \$57
- 6:30-7:10 Shrimps, Little Otters, Otters = \$88
- 7:15-7:55 Otters, Penguins, King Penguins = \$88
- 8:00-8:40 Penguins, King Penguins, Sea Turtles, Seals, Walrus = \$88

PLEASE REGISTER ONLINE AT squidschoolmn.com

If you have further questions or need additional information, please visit the above website or call:
Jennifer Yttrie 320-266-5733 - or - Tammy Yttrie 320-766-1657.

Mr. Rays intro to swim lessons

Age 2-3.5 this is for kids just learning to separate from a parent. Drop off your child and be out of sight. There will be tears and that is fine.

SHRIMP REQUIREMENTS

Separate from parent

LITTLE OTTERS REQUIREMENTS

*Dips face in water.

*Comfortable moving and floating in water with only a light touch or hold by an adult.

*comfortable in a properly fitted lifejacket.

OTTERS REQUIREMENTS

*Puts the whole face underwater, blows bubbles with mouth and nose.

*floats on the back and can remain floating for the count of 3 when adult removes their assistants.

*can gator roll from front to back, back to front with assistance.

PENGUINS REQUIREMENTS

*Goes completely underwater independently for the count of 3 with mouth or nose bubbles, coming up to breath.

*can jump in, go under, come up, turn around, and grab the pool edge unassisted.

*can kick on front and back with forward movement.

KING PENGUINS REQUIREMENTS

*comfortable with forward movement with full face in the water, coming up to breathe, and going back under.

*jumps in, goes under, brings self back up and into a back float with assistance.

*can kick and scoop on front making forward movement without assistive devices.

SEA TURTLES REQUIREMENTS

*can jump in several feet over their head, come to a float, gator roll, and swim to the edge.

*developing their swim float swim skills.

*can comfortably fall into water backwards with assistance.

*Can jump into deep water, surface, get into a back float, and maintain that back float for at least 3 minutes.

SEALS REQUIREMENTS

*can jump into deep water, get into and hold a back float for at least 3 minutes, then gator roll and swim to the opposite edge.

*can swim float swim proficiently for the length of the pool.

*can comfortably fall into water backwards without assistance.

WALRUS REQUIREMENTS

*can fall backwards into deep water, surface, get into and hold a back float for at least 3 minutes, then gator roll and swim to the opposite edge.

*can go into water unexpectedly and bring self into a back float.

*is working on clothing removal in shallow water.

ELECTRIC EELS REQUIREMENTS

*can go underwater unexpectedly, surface, back float and hold it for 5 minutes.

*can swim with minimal assistance for 200 yards.

*has an understanding of the difference between lakes and open water.

DOLPHINS REQUIREMENTS

*can swim 300yds without assistance or assistive devices and knows when to take a break in a back float.

*knows how clothing affects their buoyancy in deep water and is able to use that understanding to look for resources, and shed layers of clothing.

*is able to maintain a back float with waves or splashing for at least 6 minutes.

TEST OUT REQUIREMENTS

*holds a back float for 8-10 minutes.

*gator roll to the front and swim 400-600 yards.

*can repeat that with summer, fall clothing, and full winter gear.

*is able to safely remove extra layers of clothing in water above their head.