

2021 SWIMMING LESSON RESOURCES

We recommend you call or visit resources websites for the most current, up to date information. Resources marked with (*) indicates discounts are available.

Anoka-Hennepin Community Education *

<https://ahschools.ce.eleyo.com/courses/category/189/aquatics—1>

Anoka-Hennepin Community Education offers swimming lessons to support youth with a wide range of skill levels. Swimming and water safety is a skill that your children will enjoy for life! All lessons are held at Roosevelt Community Pool in Blaine and are coordinated as an authorized provider of the American Red Cross. Discounts available to families receiving free/reduced lunch in district.

Phone: 763-506-5980

YMCA *

https://www.ymcanorth.org/swimming/swim_lessons

Swimming lessons and group classes for kids and adults of all levels. Enjoy year-round aquatics programming in our warm-water indoor combination lap and leisure pool. Families don't have to be a member to participate. Discounts available to members.

Phone: 612-230-9622

Minneapolis Parks & Recreation Board *

https://apm.activecommunities.com/minneapolisparcs/Activity_Search?detailskeyword=swim+lesson&IsAdvanced=False&ddlSortBy=Activity+name&DaysOfWeek=1111111&SearchFor=2&SearchLevelID=2&NumberOfItemsPerPage=50&IsSearch=true

Minneapolis Parks & Recreation Board offer swimming lessons for various ages and skill levels. Lessons are offered at area pools across the city. Scholarships are available for eligible families.

Phone: 612-230-6476

North St. Paul School District *

<https://www.isd622.org/domain/2054>

Trained instructors help develop water safety and swimming skills in a positive, fun, learning environment. Classes are offered in the evenings and on weekends during the school year and throughout the day in the summer. Begin in a parent/tot class and watch as your child progresses through the various swimming levels. All classes include age-appropriate basic water safety skills. District families who qualify for free-reduced lunch may request 25% reduced rates for group lessons when registering online.

Phone: 651-748-7630

Inver Grove Heights Aquatic Center *

<https://www.ighmn.gov/715/Swim-Lessons-Programs>

Swim lesson program is designed for year-round participation. Swimmers are encouraged to continue swimming in order to build upon their current skills while being introduced to new skills. Swimming is an activity that requires repeated practice and ongoing endurance. It is recommended that your swimmer continue to practice their skills year-round. All classes are held in the lap pool at a temperature of 84 degrees during the summer. Lessons are available for every level of swimmer and of all abilities. We offer group, semi-private and private lessons during the day and evening to accommodate busy schedules and participants needs. Member discounts available.

Phone: 651-450-2480

Shoreview Community Center *

<https://www.shoreviewmn.gov/parks-rec/recreation-programs/swim-lessons>

Students will learn new skills and build on previously learned skills through group or private instruction. Our mission is to provide an inclusive program for all. The pool water temperature is kept between 83 and 84 degrees. Lessons are available for every level of swimmer and of all abilities. Group, semi-private and private lessons available during the day and evening participants needs. Shoreview residents receive discounted rates.

Phone: 651-490-4766

Minnesota JCC Capp Center - St. Paul *

<https://www.stpauljcc.org/fitness/swimming/lessons/>

Offering private swimming lessons to get you or your child swimming at the desired level. Private lessons will be offered Monday – Friday mornings, Tuesday – Thursday evenings and Sunday afternoons. Lessons will be charged in groups of four. Member discounted rates available.

Phone: 651-255-4761

Minnetonka Aquatics *

https://www.teamunify.com/SwimLessons.jsp?_tabid_=27198&team=cmmnmls

Minnetonka's Learn-to-Swim program was developed by top USA Swimming coaches and swim instructors who are passionate about teaching proper stroke technique and water safety. Programs are designed for both children and adults, of all skill levels. Scholarships available for eligible families.

Phone: 952-401-5291

Allina Health Adaptive Swim Lessons

Golden Valley Courage Center: <https://account.allinahealth.org/events/8007>

Stillwater Courage Center: <https://account.allinahealth.org/events/8085>

Supervised directed swimming lessons. Work on skills such as front/back float or crawl, breast stroke, blowing bubbles, putting your face in the water, etc. Stroke refinement, sensory integration, water adjustment and safety skills are also covered. Instruction ranges from one-to-one aquatic therapy, group disability-specific classes, and exercise programs to adaptive swimming lessons and relaxation techniques. Available by appointment.

Phone: 612-775-2306

Aquatot Swim Program - Minneapolis

http://www.allinahealth.org/uploadedFiles/Content/Business_units/Courage_Kenny_Rehabilitation_Institute/Programs_and_services/Aquatics_fitness_and_wellness/Wasie_pool/Aqua-Tot-factsheet.pdf

This warm-water therapeutic pool also hosts Red Cross preschool swim classes for all children, as well as one-to-one swim instruction for children who have doctor's order for the instruction.

Located at the Wasie Therapeutic Pool at Abbott Northwestern Hospital

Phone: 612-863-5238