

SWIM LESSONS Registration begins April 1 at 8 a.m.
 Fee = \$30 per participant for group lessons, \$80 per participant for private lessons*
 For financial support, call 515-518-4770 (\$5 per participant)

Swim Lessons

Session 1: June 12 - 16
 Session 2: June 19 - 23

Session 3: June 26 - June 30
 Session 4: July 10 - 14

Session 5: July 17 - 21
 Session 6: July 24 - 28

Swim Lesson Placement Guide

*Please note: Preschool levels may seem similar to Level 1, the difference is based solely on age. Age requirements for each level are listed below.

Level	Parent & Child	Preschool I	Preschool II	Level 1	Level 2	Level 3	Level 4	Level 5	Adult
Age	6 mos. - 3 yrs.	3-5 yrs.	3-5 yrs.	5 yrs. & up	5 yrs. & up	5 yrs. & up	5 yrs. & up	5 yrs. & up	16 yrs. & up
This class is for	A parent must accompany child in the water. No required skills	No required skills Children who are new to the water	Children who are comfortable in the water Children who are able to complete most skills independently	No required skills Children who are new to the water Children who cannot float or glide unassisted	Children who will comfortably submerge underwater	Children can glide with their face in the water Can swim front crawl for 5 body lengths	Children who can tread water for 1 minute Can swim front crawl or elementary backstroke 25 yds.	Children who can tread water for 2 minutes Swim front crawl and elementary backstroke for 25 yds.	No required skills Adult swimmers and non-swimmers of any level Adults who want to gain confidence in the water
What will be taught?	How to feel comfortable in the water and safely enjoy it Water exploration	How to feel comfortable in the water and safely enjoy it Submerging face, blowing bubbles, floating and gliding with support	How to feel comfortable in the water while enhancing skills from Preschool Level I Combined arm and leg actions on front and back along with treading can be completed with support	How to fully submerge, float and glide with assistance, and combined arm and leg actions on front and back	How to swim several body lengths without support, treading, and rotary breathing are introduced	Elementary backstroke, rotary breathing, front crawl, breaststroke kick, scissors kick, and dolphin kick	Participants will gain confidence in the water and improve their strokes, including breaststroke, front crawl, sidestroke butterfly, and back crawl	Participants will improve their strokes, build endurance, and learn flip turns, and surface dives	Instructor will work individually with participants and allow them to progress at their own pace to help them reach their personal goals

Reminders

- Registration can be completed at dmparks.org or in-person at the pools starting June 4th
- Registration is first come, first serve
- There will be no make-up classes due to weather changes in registration
- A \$10 refund and transfer fee apply to all
- Register for one session at a time, as it is not uncommon to repeat a level
- Successful completion of one level is necessary before moving to the next level
- Not all levels are offered at all times; please check dmparks.org
- Cancellations must be made 10 business days prior to the first day of the lesson to receive a refund

Special Events This Season

Mermaid Princess Pool Party - June 24th

Location: Teahout

Join us for this "Royal" event. Meet and Greet with Mermaids and Princesses throughout the aquatic center while swimming. Each paying participant will get to enjoy an ice cream sundae and make a sand art necklace. Characters will depend on availability. Pre-registration is required. Each participant must be accompanied by one adult 18+. Ages 0-12yo. Registration begins April 1 at 8 a.m. Fee = \$15 per participant.

Fourth of July Slip N' Slide - July 4th

Location: Nahas

Celebrate with us on 4th of July with some backyard fun. We will be creating a giant Slip N' Slide on the north hill at Nahas from 1 - 3 p.m. Participants will need to fill out a waiver before participating, anyone under 18 will need to have a parent/guardian sign their waiver.

Superthero Swim Party - July 22nd

Location: Northwest

Join us for this "Heroic" event. Meet and greet with superheroes throughout the aquatic center while swimming. Each paying participant will get to enjoy an ice cream sundae and take-home craft. Characters will depend on availability pre-registration is required. Each participant must be accompanied by an adult. Ages 0 - 12 yo. Registration begins April 1 at 8 a.m. Fee = \$15 per participant.

Lap Swim

Location(s): Ashworth & Birdland Swimming Pools

Details: Exercise in the pool by swimming laps. We offer Lap Swim Monday - Friday 8 - 9 a.m. and Monday - Sunday 12 - 1 p.m. prior to the pool opening for recreational swim.

Lifeguard Certification Classes

We provide American Red Cross Lifeguard Certification classes. Classes take place in the spring and summer months. Upon completion the participant will be offered a seasonal summer position at one of our five aquatic facilities. If you work for Des Moines Parks for the summer the class is FREE. The Des Moines Parks and Rec Lifeguard Certification class must be completed to be considered for employment. Class times and locations vary. Participants must be 15 years or older. For more information, please email aquatics@dmgov.org.

Private Party Rentals

Let us host your next pool party! Whether it be a group outing, family reunion or birthday party, Des Moines Municipal Pools are the place to be. Pricing is \$175 per hour for a two-hour block. Visit dmparks.org to check availability. All rentals can be completed online or in-person, at the Municipal Service Center (1551 E MLK Jr. Pkwy), and at the pools starting June 4th.