



Join **Emily Peterson**, *Red Cross Swimming Instructor*, along with **Grace Hamm**, *Red Cross Lifeguard*, for the **2nd year of swimming lessons**. They are ready to teach children about water safety and how to swim! Emily joins the Frazee and Vergas communities from Detroit Lakes, where she is a full-time student, along with teaching

swimming lessons and working as a CNA. You will find that her hands-on approach in the water, along with caring and compassion, will make her the perfect fit with our young learners. Grace is a Frazee High School student who is on the swim and dive team. Both individuals are serious about their responsibility to keep the kiddos safe while enjoying the water.


Swim lessons are crucial for any child. Not only do swim lessons reduce the risk of drowning and improve water safety skills, but swimming is also a fun way to stay active and encourage healthy living. Swim lessons can create a love and respect for water early on while building confidence that will stay with them for the rest of their lives.

This is why it is crucial to take all of the available steps to ensure that your children are safe and prepared. Some of the top reasons for drowning include swimmers' inexperience and lack of supervision. These lessons are conducted by a trained instructor who supervises your child while teaching them lifesaving skills along with an assistant as an extra set of eyes.

Take time to invest in your child with our lessons. You will see your child's confidence grow as they enjoy learning new skills while making friends.

*Swimming lessons are geared towards children 5 years of age and older. Individuals younger than five should consider reaching out to one of the surrounding communities for classes. Participants in Level One (1) MUST be able to stand in three (3') feet of water comfortably.*

**LEVEL 4 and 5:** If you need Level 4 or 5 swimming lessons, please register for the Level 4/5 combo class and indicate what level your child needs.

 <b>American Red Cross</b>	<b>Long Lake Beach</b> Vergas, MN					<b>Town Lake City Beach</b> Frazee, MN				
	<b>July 2026</b>					<b>July 2026</b>				
	M	T	W	T	F	M	T	W	T	F
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	10	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	24	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	17	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	31	
Fridays: Inclement Weather Make-Up TBD if needed.					Fridays: Inclement Weather Make-Up TBD if needed.					

				
VERGAS: 9 am Level 4/5	VERGAS: 10 am Level 3	VERGAS: 11 am Level 1	VERGAS: 1pm Level 2	VERGAS: 2pm Level 3
				
VERGAS: 3pm Level 1	VERGAS: 4pm Level 2	FRAZEE: 9 am Level 4/5	FRAZEE: 10 am Level 1	FRAZEE: 11 am Level 2
				<p>Dates and times are subject to change.</p> <p>Registration forms can be printed off on the district website using the link below.</p>
FRAZEE: 1pm Level 3	FRAZEE: 2pm Level 2	FRAZEE: 3pm Level 3	FRAZEE: 4pm Level 1	
Sponsors:			 	

Red Cross Level 1–Water Exploration The objective is to help students feel comfortable in the water and enjoy the water safely. Participants will learn elementary water skills they can build as they progress through the various levels. Red Cross Level 2-Primary Skills This level gives students success with fundamental skills and learning to float without support. Learn basic self-help rescue skills. Red Cross Level 3–Stroke Readiness Students will learn to coordinate front and back crawl and be introduced to elementary backstroke and the fundamentals of treading water. Red Cross Level 4–Stroke Development Participants will develop confidence in strokes learned thus far and improve other aquatic skills. Introduction of the breaststroke and sidestroke. Red Cross Level 5–Stroke Refinement This class will focus on the coordination and refinement of strokes. Introduction of the butterfly and open turns. Increase swim distances. **Please visit the website to view and review the checklist outlining what is taught at each level.**

<https://www.frazee.k12.mn.us/departments/community-education/youth-enrichment>  
 Community Education | 305 North Lake Street, Frazee | (218) 334-3181, Option 3