

# Group Swim Lessons

## Sabes Center Minneapolis

# MARCH 2–APRIL 30, 2024

\$180 • \$120 MEMBER VALUE PRICE

MONDAYS			THURSDAYS		
4–4:30 PM	Stingrays	Turtles	4–4:30 PM	Swim Team - Dryland*	
5:10–5:40 PM	Tadpoles*/Minnows		4:40–5:40 PM	Swim Team - Pool*	
TUESDAYS			SATURDAYS		
4–5 PM	Swim Team		9:40–10:10 AM	Parent & Child	
5:10–5:40 PM	Otters		10:15–10:45 AM	Otters	
5:45–6:15 PM	Seals		11:25–11:55 AM	Tadpoles*/Minnows	
WEDNESDAYS			SUNDAYS		
4–4:30 PM	Otters	Stingrays	9:05–9:35 AM	Tadpoles*/Minnows	Turtles
5:10–5:40 PM	Tadpoles*/Minnows	Dolphins	9:40–10:10 AM	Seals	
5:45–6:15 PM	Parent & Child		10:50–11:20 AM	Starfish**	
6:20–6:50 PM	Adult Intermediate		11:25–11:55 AM	Stingrays	

Notes:

\***Minnows** will be renamed **Tadpoles** going forward to align with Capp Center St. Paul. This is the same class with an updated name.

\*\***Starfish** is a new class for kids ages 2-5 that will utilize our wading pool for structured play activities. Aquatics coordinator, Dan, will lead participants through games and other fun activities. Starfish is designed for kids only, parents do not need to swim with their kids but should remain in the pool area.

**\*Swim Team** (please note that pricing for Swim Team is different than lessons)

- Options for one or two practices per week
- Optional dryland workout each Thursday

For more information or questions, visit [minnesotajcc.org](http://minnesotajcc.org) or contact

Laina Green, Aquatics Manager at [lainag@minnesotajcc.org](mailto:lainag@minnesotajcc.org).



# PARENT & CHILD: Ages 6 months – 3 years

## SWIMMING WITH PARENT

CLASSES ARE 20 MINUTES • 10:1 CHILD TO INSTRUCTOR RATIO  
An interactive class designed for little ones to become comfortable in and around the water. Emphasis is placed on learning through fun. By using songs, games and colorful equipment we introduce: floating skills, breath control, gentle submersions and survival skills.

## BEGINNING TEEN

AGES 12–17

CLASSES ARE 40 MINUTES • 5:1 SWIMMER TO INSTRUCTOR RATIO  
Designed to help teens who are learning to swim or are uncomfortable in the water. Basic swimming and water safety skills are taught in a fun, relaxed way. We will progress at each individual's own pace in a supportive environment to prepare you to engage in water activities in a safe and enjoyable way.

# TEEN & ADVANCED SWIMMER

## STROKE DEVELOPMENT

AGES 8–17

CLASSES ARE 30 MINUTES • 3:1 CHILD TO INSTRUCTOR RATIO  
Designed to increase endurance, efficiency and confidence in the water. Emphasis will be placed refining technique in all four competitive strokes, introduce racing turns, including flip turns, and pace clock usage. Graduates will be able to swim 50 yards of freestyle and backstroke and 25 yards of butterfly and breaststroke.

## MINNOWS (LEVEL 1)

CLASSES ARE 30 MINUTES • 3:1 CHILD TO INSTRUCTOR RATIO

An introductory class for children who are new to swimming or nervous in the water. Our goal is to develop confidence, breath control and proper body position. Positive reinforcement is critical to help the child build trust and confidence. Graduates will be able to do 10 relaxed bobs, front float and kicks for 5 seconds, get in the ready position, jump to teacher from the wall and relax in an assisted back float.



## ADULT: Ages 18+

## BEGINNING ADULT

CLASSES ARE 40 MINUTES • 8:1 SWIMMER TO INSTRUCTOR RATIO

Designed to help those who are learning to swim or are uncomfortable in the water. We will progress at each individual's own pace in a supportive environment so as to experience one of the most relaxing, body-friendly types of exercise. We will help you have fun in the water by using barbells, pool noodles, kickboards and buoys.

## SEALS (LEVEL 2)

CLASSES ARE 30 MINUTES • 4:1 CHILD TO INSTRUCTOR RATIO

For children who are comfortable in the pool and will go underwater willingly and happily, in this level the focus is on learning proper breathing techniques, improved floating skills, kicking strength and survival skills. Graduates will be able to do back float for 10 seconds, streamline with straight leg kicks, backstroke, propulsive kicks on back, basic freestyle arms, rollovers and turnarounds.



## TURTLES (LEVEL 2)

CLASSES ARE 30 MINUTES • 4:1 CHILD TO INSTRUCTOR RATIO

For children who can swim independently and are ready to learn the basics of all four competitive strokes. In this advanced level, graduates will be able to swim freestyle with rollovers for 10 yards, side breathing and side kicking with assistance, backstroke, dolphin kicks and whip kicks.

## GRADE SCHOOL: Ages 6 – 11

## STING RAYS (LEVEL 1)

CLASSES ARE 30 MINUTES • 4:1 CHILD TO INSTRUCTOR RATIO

For children to build confidence and to learn basic water safety skills through fun and games. Graduates will be able to do streamline, front kicks and back kicks for 25 yards, jump in the water and recover safely, backstroke, freestyle with rollovers and swim underwater to pick up toys.



Please use these descriptions to help schedule a class. Assessments are available upon request.



## OTTERS (LEVEL 2)

CLASSES ARE 30 MINUTES • 5:1 CHILD TO INSTRUCTOR RATIO

An introduction to all four competitive strokes. Graduates will be able to start in ready position, swim 15 yards of freestyle with side breathing, 15 yards of elementary backstroke, do a safe sit dive and have a basic understanding of whip and dolphin kicks.



## DOLPHINS (LEVEL 3)

CLASSES ARE 30 MINUTES • 6:1 CHILD TO INSTRUCTOR RATIO

A preparatory class for swimmers who want to join the swim team. Graduates will be able to swim 25 yards of freestyle, elementary backstroke, and backstroke, in addition to 15 yards of butterfly, breaststroke, and side-stroke. They will be comfortable in and able to tread in deep water.

