

# Group Swim Lessons • Sabes Center Minneapolis

## JULY 20–AUGUST 30, 2024

\$135 • \$90 MEMBER VALUE PRICE

<b>MONDAYS</b>	<b>4–4:30 PM</b>	<b>5:10–5:40 PM</b>	<b>7:10–7:40 PM</b>	<b>7:45–8:15 PM</b>	
	Jellyfish/Stingrays	Tadpoles	Male Only Youth Lessons	Male Only Adult Lessons	
<b>TUESDAYS</b>	<b>4–5 PM</b>	<b>5:10–5:40 PM</b>	<b>5:45–6:15 PM</b>		
	Swim Team	Tadpoles	Seals		
<b>WEDNESDAYS</b>	<b>4–4:30 PM</b>	<b>5:10–5:40 PM</b>	<b>5:45–6:15 PM</b>	<b>7:10–7:40 PM</b>	<b>7:45–8:15 PM</b>
	Otters	Tadpoles	Parent & Child	Female Only Youth Lessons	Female Only Adult Lessons
	Jellyfish/Stingrays	Dolphins			
	Swim Team Prep				
<b>THURSDAYS</b>	<b>4–4:30 PM</b>	<b>4:40–5:40 PM</b>	<b>5:45–6:15 PM</b>	<b>6:20–6:50 PM</b>	
	Swim Team - Dry Land*	Swim Team - Pool*	Turtles	Jellyfish/Stingrays	
				Adult Beginner	
<b>SATURDAYS</b>	<b>9:40–10:10 AM</b>	<b>10:15–10:45 AM</b>	<b>10:50–11:20 AM</b>	<b>11:25–11:55 AM</b>	
	Parent & Child	Otters	Dolphins	Tadpoles	
<b>SUNDAYS</b>	<b>8:30–9 AM</b>	<b>9:05–9:35 AM</b>	<b>9:40–10:10 AM</b>	<b>10:15–10:45 AM</b>	<b>11:25–11:55 AM</b>
	Adult Intermediate	Tadpoles	Seals	Starfish**	Jellyfish/Stingrays
		Turtles	Parent & Child		
		Dolphins			

**Note: \*\*Starfish** is a class for kids ages 2-5 that will utilize our wading pool for structured play activities. Instructor will lead participants through games and other fun activities. Starfish is designed for kids only. Sign up now for a special discount price!

**\*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.

## PRESCHOOL: Ages 3 – 5



### TADPOLES (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.



### TURTLES (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.



### SEALS (LEVEL 3)

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.



### 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.

## TEEN & ADVANCED SWIMMER

### 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.

### STROKE DEVELOPMENT

AGES 8-17  
CLASSES ARE 30 MINUTES • 8:1 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.

## ADULT: Ages 18+

### BEGINNING ADULT

CLASSES ARE 40 MINUTES • 6:1 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.

### INTERMEDIATE ADULT

CLASSES ARE 40 MINUTES • 8:1 SWIMMER TO INSTRUCTOR RATIO  
Designed for those who are comfortable in the water but need help swimming laps. We will develop technique and gracefulness. Freestyle will be the primary focus with concentration on proper breathing. Additionally, you'll be introduced to the other variety of swim strokes such as breaststroke, backstroke, elementary backstroke, butterfly, and sidestroke.

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

