

Group Swim Lessons • Sabes Center Minneapolis

NOVEMBER 2–DECEMBER 23, 2024

\$90 • \$105 • \$120 MEMBER VALUE PRICE / \$135 • \$157.50 • \$180 NON-MEMBER

Price is dependent on the number of meetings in the chosen class.

MONDAYS	4–4:30 PM	4:35–5:05 PM		
	Jellyfish	Tadpoles		
	Starfish			
TUESDAYS	5:10–5:40 PM	5:45–6:15 PM	6:20–6:50 PM	
	Tadpoles	Seals	Otters	
	Dolphins			
	Turtles			
WEDNESDAYS	4–4:30 PM	5:10–5:40 PM	5:45–6:15 PM	
	Otters	Tadpoles	Adult Intermediate	
	Jellyfish		Parent/Child	
	Dolphins			
THURSDAYS	5:45–6:15 PM	6:20–6:50 PM		
	Turtles	Adult Beginner		
		Jellyfish		
SATURDAYS	9:40–10:10 AM	10:15–10:45 AM	10:50–11:20 AM	11:25–11:55 AM
	Parent & Child	Adult Beginner	Dolphins	Tadpoles
SUNDAYS	9:40–10:10 AM	10:15–10:45 AM	11:25–11:55 AM	
	Adult Intermediate	Tadpoles	Otters	
		Turtles	Dolphins	
		Seals	Jellyfish	

STARFISH - Preschoolers can join aquatics coordinator Dan after school Mondays at 4pm for this fun class in the wading pool! Enjoy the warm water while participating in fun activities and games. Only kids participate in starfish, so parents can come relax on the pool deck during class!

ADULT BEGINNER (13+) - Did you know that about half of adults in the United States cannot swim a pool length distance? Not knowing how to swim (and even being scared of the water) is more common than you may think! This is the perfect class to get started no matter where you are at with swimming. Class will begin with the basics of breathing, body position, and water movements. After learning basic skills, participants will work up to swimming one pool length.

ADULT INTERMEDIATE (13+) - Can you already swim at least one length of the pool without stopping? Do you want to improve your swimming form and endurance? If so, this is the perfect class for you! All participants will build up their lap swimming skills. Plus, participants 18+ who work up to swimming 100 yards with different strokes can join masters swim team.

YOUTH SWIM TEAM Practices are Tuesday 4-5 PM & Thursdays 4:30-5:30 PM in the pool, plus a dryland workout Thursdays 3:50-4:20 PM. Swimmers may sign up for any combination of 1-3 schedule components listed by emailing lainag@minnesotajcc.org. Enrollment is ongoing and billed monthly. New swimmers typically start at the beginning of the month. Prerequisites: swim full lengths of freestyle with side breathing and full lengths of backstroke.

(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 or contact Laina Green, Aquatics Manager at lainag@minnesotajcc.org.



MINNESOTA JCC GROUP SWIM LESSON LEVELS



6 MONTHS - 2 YEARS

Parent/Child - Kids swim with a parent in the water. The instructor will lead a class focused on fun & safety, water adjustment, and basic skills.

3-5 YEARS

Tadpoles - Kids will swim without a parent in the water. Start here if your kid is ready to swim with an instructor!

Turtles - Kids are ready for turtles if they are comfortable in the water, willing to participate and try new skills, and can do bobs and floats with assistance.

Seals - Kids are ready for seals if they can float independently, swim a short distance independently, perform a front-back-front rollover, and go underwater. Note that kids who go on to pass seals may choose to sign up for otters even if they are not six years old yet.

6-12 YEARS

Jellyfish - Start here if your kid is ready to swim with an instructor! Kids aging up from tadpoles/turtles/seals will also start here.

Otters - Kids are ready for otters if they can float, go underwater, and independently swim half a pool length on both front and back.

Dolphins - Kids are ready for dolphins if they can swim a length of the pool front crawl with side breathing, and a length of the pool elementary backstroke. They should also be able to swim half a length of backstroke, breaststroke, and dolphin kick.

ADULT / 13+

Beginner - Start here! This class will start with the basics of breathing, body position, and water movements. Participants will work up to swimming one length of the pool.

Intermediate - This is a good fit for people who can already swim at least one length of the pool. Participants will work on their form and endurance, and be introduced to other swimming strokes.

Masters Swim - This is a good fit for people 18+ who can swim at least 100 yards of front crawl and who are familiar with the different competitive swim strokes: backstroke, breaststroke, and butterfly.



**STILL NOT SURE
WHICH LEVEL IS
RIGHT FOR YOU?**

Send us a message!

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