

# Swim Lessons at Capp

## MAR/APR SESSION: MARCH 2 -APRIL 24

Registration Opens February 10th at 9 AM | Register online [Minnesotajcc.org](http://Minnesotajcc.org) or call 651-698-0751

### **TUE, WED, THUR | 8 LESSONS FOR THE PRICE OF 7 | SPRING BREAK SPECIAL!**

- TUESDAYS, MAR 4 - APR 22 • 8 LESSONS | **\$157.50 • \$105 MEMBER VALUE PRICE**
- WEDNESDAYS, MAR 5 - APR 23 • 8 LESSONS | **\$157.50 • \$105 MEMBER VALUE PRICE**
- THURSDAYS , MAR 6 - APR 24 • 8 LESSONS | **\$157.50 • \$105 MEMBER VALUE PRICE**
- SATURDAYS, MAR 8 - APR 5 • 5 LESSONS | **\$112.50 • \$75 MEMBER VALUE PRICE**
- SUNDAYS, MAR 2 - APR 6 • 6 LESSONS | **\$135 • \$90 MEMBER VALUE PRICE**

#### **Parent & Child**

(6 months – age 3; swimming with parent)

TUESDAYS • 5:30-5:55 PM (ROSALIE)

THURSDAYS • 4:30-4:55 PM (CATE)

SUNDAYS • 3:30-3:55 PM (ROSALIE)

#### **Starfish**(ages 2 – 4)

TUESDAYS • 5-5:25 PM (NOAH)

WEDNESDAYS • 6-6:25 PM (NOAH)

THURSDAYS • 5-5:25 PM (CATE)

#### **Preschool Levels**(ages 3 – 5)

##### **TADPOLES (LEVEL 1)**

TUESDAYS • 4:30-4:55 PM (BRETT)

TUESDAYS • 5:30-5:55 PM (NOAH)

WEDNESDAYS • 4:30-4:55 PM (BRETT)

WEDNESDAYS • 6:30-6:55 PM (NOAH)

THURSDAYS • 4:30-4:55 PM (BRETT)

THURSDAY 5:30-5:55 PM (CATE)

THURSDAYS • 7-7:25 PM (BRETT)

SATURDAYS • 9-9:25 AM (CLARA)

SATURDAYS • 10:30-10:55 AM (CLARA)

SUNDAYS • 2:30-2:55 PM (CATE)

SUNDAYS • 3-3:25 PM (CATE)

##### **TURTLES (LEVEL 2)**

TUESDAYS • 4:30-4:55 PM (ROSALIE)

TUESDAYS • 5-5:25 PM (BRETT)

TUESDAYS • 6-6:25 PM (ROSALIE)

TUESDAYS • 7-7:25 PM (ROSALIE)

WEDNESDAYS • 5:30-5:55 PM (BRETT)

WEDNESDAYS • 6:30-6:55 PM (BRETT)

THURSDAYS • 5-5:25 PM (BRETT)

THURSDAY 6-6:25 PM (CATE)

SATURDAYS • 10-10:25 AM (CLARA)

SUNDAYS • 2:30-2:55 PM (ROSALIE)

#### **SEALS (LEVEL 3)**

TUESDAYS • 5-5:25 PM (ROSALIE)

WEDNESDAYS • 6-6:25 PM (BRETT)

THURSDAYS 7-7:25 PM (JILL)

SUNDAYS • 3-3:25 PM (ROSALIE)

#### **Grade School Classes** (ages 6 – 11)

##### **JELLYFISH (LEVEL 1)**

TUESDAYS • 4:30-4:55 PM (NOAH)

TUESDAYS • 6:30-6:55 PM (NOAH)

WEDNESDAYS • 7-7:25 PM (NOAH)

THURSDAYS 5-5:25 PM (JILL)

THURSDAYS • 7-7:25 PM (CATE)

SATURDAYS • 9:30-9:55 AM (CLARA)

SUNDAYS • 4:30-4:55 PM (ROSALIE)

##### **OTTERS (LEVEL 2)**

TUESDAYS • 6-6:25 PM (NOAH)

TUESDAYS • 6:30-6:55 PM (BRETT)

WEDNESDAYS • 4:30-4:55 PM (NOAH)

THURSDAYS 4:30-4:55 PM (JILL)

THURSDAYS • 5:30-5:55 PM (BRETT)

SATURDAYS • 10-10:25 AM (CATE)

SUNDAYS • 4-4:25 PM (ROSALIE)

##### **DOLPHINS (LEVEL 3)**

TUESDAYS • 5:30-5:55 PM (BRETT)

THURSDAYS • 6-6:25 PM (BRETT)

SATURDAYS • 10:30-10:55 AM (CATE)

SUNDAYS • 4:30-4:55 PM (CATE)

#### **Teen and Adult Classes**

##### **STROKE DEVELOPMENT** (ages 6-17)

WEDNESDAYS • 5-5:25 PM (NOAH)

##### **ADULT BEGINNERS**

TUESDAYS • 7-7:25 PM (NOAH)

##### **ADULT INTERMEDIATE**

THURSDAYS 6:30-6:55 PM (CATE)

# Swim Lesson Curriculum

## **Parent/Child Class (6 months – 3 years)**

**Parent & Child: Student to Teacher ratio is 10:1** – Class time is 25 minutes

The Parent Child class is an interactive class designed for young children to gain confidence in and around the water. Emphasis is placed on learning through fun by using songs, games and equipment. We introduce the following skills: floating, bubbles, gentle submersions, safety skills, basic swim movements. Parents are required to participate in the water with their child during the class so come prepared to get wet and have fun.

## **Starfish Class (2 – 4 years)**

**Starfish: Student to Teacher ratio is 3:1** – Class time is 25 minutes

This class is designed for little ones who have passed or aged out of the parent/child level but are not quite ready for tadpoles. Preschoolers will enjoy the water while participating in fun activities and games. As students adjust to the class, parents may be in the water with their child for the first 2-3 weeks.

## **Preschool Classes (3 – 5 years)**

**Student to Teacher ratio is 3:1 for Tadpoles, 4:1 for Turtles and Seals** – Class time is 25 minutes.

**Level 1 - Tadpoles:** This introductory class is for children who are new to swimming or nervous in the water. Our goal is to create trust, develop confidence, breath control and proper body position with instructor assistance. Positive reinforcement is critical to help the child build trust and confidence. Graduates will be able to safely enter and exit the pool, be comfortable in the water and show a willingness to try new skills, and complete assisted bobs and floats. Parents are not allowed in the water with children at this level.

**Level 2 - Turtles:** This level is for children who have graduated from Tadpoles. This level focuses on learning basic stroke technique, growing independence with floating, and introducing rollovers. Graduates will be able to go underwater independently, float on front and back unassisted and complete a swim-float-swim rollover sequence independently for a short distance.

**Level 3 - Seals:** This level is for children who have graduated from Turtles level lessons. Graduates will be able to swim half a length on the front, half a length of elementary backstroke, use Freestyle arms pulling water past their legs and reach their arm forward above the water. Graduates may start the youth classes at the otters level.

## **Youth Classes (6 – 12 years)**

**Student to Teacher ratio is 5:1 for Jellyfish and 6:1 for Otters and Dolphins** – Class time is 25 minutes.

**Level 1 - Jellyfish:** This level is to build confidence and learn water safety while building basic swimming skills. Graduates will be able to safely enter and exit the pool, complete relaxed bobs, swim half a length on the front with rollovers, and swim half a length elementary backstroke.  
*Able to swim underwater to grab a toy.*

**Level 2- Otters:** This level focuses on refining skills learned in Jellyfish, and introduces breaststroke and backstroke. Graduates will be able to swim a full pool length of front crawl (with side breathing) and elementary backstroke. Graduates will also be able to complete half a length backstroke, breaststroke, and dolphin kick.

**Level 3 - Dolphins:** This level has an emphasis on refining skills learned in Otters, as well as introducing starts, turns, and dives. Graduates will be able to swim one length of freestyle, backstroke, and breaststroke. Graduates will also be able to swim half a pool length of butterfly and be able to tread water for one minute.

**Stroke Development (6-17 years):** The stroke development class is for students who have completed the level 3 Dolphin course. This level focuses on refining strokes so participants swim them with greater efficiency and effectiveness over longer distances. Students will also be taught about the competitive world of swimming including competitive starts, turns, and specific stroke techniques. Graduates will be able to swim 100 yards freestyle, 50 yards backstroke, breaststroke and butterfly, and develop to tread for 2 minutes using legs only.

## **Teen and Adult (13+)**

**Student to Teacher ratio is 8:1**– Class time is 25 minutes.

It is never too late to learn how to swim or to refine swim strokes. The focus of each class is to build an environment to practice swimming skills in a supportive, inspiring and non-competitive atmosphere while maintaining a healthy exercise routine. We offer both beginner and intermediate level classes for this age group when possible. Whether you are a new to swimming or an experienced triathlete, our teen and adult swim classes can assist you with your needs.

## **Private Lessons**

Private lessons are a fantastic way for you or your child to achieve results! Private lessons are available during our scheduled swim lesson hours. Private lessons requested outside of our scheduled times will be scheduled at the earliest convenience, when possible. When requesting private lessons please include ideal times, and days. We will do our best to accommodate your needs based on our staff availability and facility needs.

## **Aquatic Policies**

**Payments:** All payments must be made at the time of enrollment in cash, check, or credit card and can be done in person at the facility or online (card only). All lessons are available on a first-come first-serve basis and spaces will not be reserved without payment. We do not pro-rate for missed lessons or practices. There are no makeups or refunds for missed group or private swim lesson classes. Any group lessons canceled by us will be refunded.

**Child Supervision:** All children must be under direct adult supervision at all times. Parents must be within the Aquatics center or Aquatics lounge at all times while their children are participating in lessons. Only children 12 and older may be at the facility without an adult.

**Holidays:** Any holidays that coincide with class days are accounted for when pricing options are selected and you will not be charged for those days.

**Safety:** Your child's safety is very important to us. No one is allowed in the pool without an instructor. Children cannot enter the pool before their lesson. When class is over, the swimmers must exit the pool.

**Other:** Children who are not toilet trained must wear rubber pants or swim diapers under swimming suits. Regular diapers are not allowed in the pool area.