

Group Swim Lessons • Sabes Center Minneapolis

SEPTEMBER 2–OCTOBER 26, 2025

TUESDAYS, SEPT 2 - 30 • 4 LESSONS | \$90 • \$60 MEMBER VALUE PRICE

WEDNESDAYS, SEPT 3 - OCT 1 • 4 LESSONS | \$90 • \$60 MEMBER VALUE PRICE

THURSDAYS, SEPT 4 - OCT 24 • 8 LESSONS | \$180 • \$120 MEMBER VALUE PRICE

SATURDAY, SEPT 6 - OCT 25 • 8 LESSONS | \$180 • \$120 MEMBER VALUE PRICE

SUNDAYS, SEPT 7 - OCT 26 • 8 LESSONS | \$180 • \$120 MEMBER VALUE PRICE

MONDAYS, SEPT 8 - OCT 20 • 7 LESSONS | \$157.50 • \$105 MEMBER VALUE PRICE

Due to holidays, there will not be lessons on the following days: September 23 & 24, October 7, 8, 14 & 15

Parent & Child

(6 months – age 3; swimming with parent)

WEDNESDAYS • 5:45-6:15 PM

SATURDAYS • 9:40-10:10 AM

Preschool Levels (ages 3 – 5)

TADPOLES (LEVEL 1)

MONDAYS • 4:35-5:05 PM

WEDNESDAYS • 5:10-5:40 PM

SATURDAYS • 11:25-11:55 AM

SUNDAYS • 10:15-10:45 AM

TURTLES (LEVEL 2)

THURSDAYS • 5:45-6:15 PM

SUNDAYS • 10:15-10:45 AM

SEALS (LEVEL 3)

TUESDAYS • 5:10-5:40 PM

SUNDAYS • 10:15-10:45 PM

HEILICHER DAY SCHOOL

MONDAYS • 3:50-4:20 PM

WEDNESDAY • 3:50-4:20 PM

All ages. Reach out to Jeremy to enroll

Grade School Classes (ages 6 – 11)

JELLYFISH (LEVEL 1)

THURSDAYS 6:20-6:50 PM

SUNDAYS • 11:25-11:55 AM

OTTERS (LEVEL 2)

TUESDAYS • 5:45-6:15 PM

SUNDAYS • 11:25-11:55 AM

DOLPHINS (LEVEL 3)

SATURDAYS • 10:50-11:20 AM

SUNDAYS • 11:25-11:55 AM

Teen and Adult Classes

ADULT BEGINNER

THURSDAYS • 6:20-6:50 PM

ADULT INTERMEDIATE

TUESDAYS 6:20-6:50 PM

SUNDAYS 9:40-10:10 AM

For more information or questions, visit minnesotajcc.org
or contact Jessica Barlow, Aquatics Manager at
jessicab@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!

Dan at Sabes:
danl@minnesotajcc.org

Patsy at Capp:
patriciat@minnesotajcc.org