

12 aquatics schedule

This schedule is for swim lessons only. See descriptions for days/times for all other aquatics programs

	M	T	W	TH	F	SA	SU
9:30-10:00			Wigglers			Waterbabies	
10:00-10:30			Frogs			Wigglers	
10:30-11:00			Gobies				Waterbabies
11:00-11:30						Frogs Puffers Gobies Stingrays Tiger Barbs Seals	Waterbabies Frogs Puffers Gobies Stingrays Tiger Barbs Seals
11:30-12:00						Frogs Puffers Gobies Stingrays Tiger Barbs Seals	Wigglers Frogs Puffers Gobies Stingrays Tiger Barbs Seals
12:00-12:30						Frogs Puffers Gobies Stingrays Tiger Barbs Seals	Frogs Puffers Gobies Stingrays Tiger Barbs Seals
12:30-1:00						Frogs Puffers Gobies Stingrays Tiger Barbs Seals	Frogs Puffers Gobies Stingrays Tiger Barbs Seals
3:00-3:30	Frogs Puffers	Frogs Puffers Gobies Stingrays					
3:30-4:00		Frogs Puffers Gobies Stingrays					
4:00-4:30		Frogs Puffers Gobies Stingrays Tiger Barbs Seals					
4:30-5:00		Tiger Barbs Seals Dolphins Logrolling					
5:00-5:30		Frogs Gobies Tiger Barbs Puffers Stingrays Seals Dolphins					
5:30-6:00		Frogs Gobies Tiger Barbs Puffers Stingrays Seals Dolphins					
6:00-6:30		Frogs Gobies Tiger Barbs Puffers Stingrays Seals Dolphins Adults					
7:15-7:45		Adults					

aquatics

**SWIMMING LESSONS:**

- **Fall Session A:**
Monday, September, 20–Sunday, October 31
- **Fall Session B:**
Monday, November 1–Sunday, December 17
- In observance of the Thanksgiving holiday, classes will not be held from Monday, November 22–Sunday, November 28.
- Each session will be six lessons long with a rate of \$75 for members and \$97.50 for program participants.
- Choose the level that is appropriate based on swimming experience and then refer to the grid for days and times. If you need a swimming assessment to determine the appropriate level, please contact aquatics at 952.381.3422.
- Need more personalized attention? Private and semi-private swim lessons are available year-round. Contact the aquatics department at the number above for details.

WATER BABIES AGE: 6–36 MONTHS

This interactive class is designed for babies to become comfortable swimming independently in and under the water by working together with their parents in the pool. Babies will learn to be relaxed while floating independently on their backs and swimming with their eyes down for a distance of three to five feet. They will also be introduced to pop-up breathing. This is a parent child class. Prerequisite: none

Session A: 3904 Session B: 3909

WATER WIGGLERS AGE: 2–3

For children who are graduates of the Water Babies class. Children will work independently from their parents and master pop-up breathing. They will also learn how to do “big arms,” in which children learn to use their arms while swimming on their front. They will learn how to be comfortable kicking on their backs and how to complete an unassisted turnaround swim. This class is for children who have passed water babies and is without a parent in the water.

Prerequisite: Graduate of Water Babies Class
Session A: 3903 Session B: 3910

FROGS AGE 3–5

This introductory class is designed for the nervous swimmer or very beginner. We will work on submersions and back floats, and help them increase their comfort level in the water. The foundation of streamlining (correct body position and form), will be introduced. Prerequisite: Successful completion of Water Babies or Wigglers
Session A: 3902 Session B: 3911

GOBIES AGE: 3–5

This level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle and backstroke and streamlining. The swimmers will begin to explore their new found skills of swimming underwater. Prerequisite: Successful completion of Frogs

Session A: 3901 Session B: 3912

TIGER BARBS AGE: 3–5

This class is for swimmers who are able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). This class is where we will begin to see the students putting it all together and really making a big splash of progress in the pool. Prerequisite: Successful completion of Gobies

Session A: 3900 Session B: 3913

PUFFERS AGE: 6–12

This introductory class is designed for the nervous swimmer or very beginner. We will work on submersions and back floats, and help them increase their comfort level in the water. The foundation of streamlining (correct body position and form), will be introduced. We will also work on building confidence in and around the water and encourage the swimmers to have some fun in the pool. Prerequisite: None

Session A: 3898 Session B: 3914

STINGRAYS AGE: 6–12

This level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle and backstroke and streamlining. The students discover in this class that the water is a fun place to be and to learn to develop their own sense of confidence. Prerequisite: Graduate of Puffers

Session A: 3899 Session B: 3915

SEALS

AGE: 6–12

For swimmers who are able to swim freestyle and backstrokes over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). In this class we see the swimmers putting all the skills learned in the previous classes together and their confidence grows. Prerequisite: Graduate of Stingrays

Session A: 3905 Session B: 3916

DOLPHINS

AGE: 6–12

This class is for swimmers who have mastered breathing to the preferred side, know how to maintain their backstroke progression and have learned butterfly and breaststroke kick. They will work on freestyle progression learning side breathing to the non-preferred side, beginning somersault for flip turns and butterfly and breaststroke progression.

Session A: 3906 Session B: 3917

LOG ROLLING

ALL AGES

This class is a great way to improve balance, concentration and agility while having a great time practicing a sport that so few have the opportunity in which to participate. Come and join us for this new and exciting addition to the Aquatics class repertoire. Prerequisite: none

Session A: 3907 Session B: 3918

Try this class out for free in our September Sample Session! See page 3.

ADULT SWIMMING LESSONS

These classes are designed to teach both beginning and advanced swimmers ages 13+. Skills that will be taught include swimming under water, streamline, freestyle with rotary breathing, backstroke and flip turns. Both advanced and beginner levels are available. Please indicate which level you are registering for in the comment section or contact Becky Birnell Aquatics Director at 952.381.3422 or bbirnell@sabesjcc.org for more information.

Session A: 3908 Session B: 3919

MASTERS SWIMMING PROGRAM

ADULTS

This program caters to swimmers from a broad spectrum of abilities and interests—from recreational to competitive. Practices will include 4-stroke instruction, open water techniques, water polo skills, and interval and pacing work.

sabes rays swim club (srsc)



The Sabes JCC is the home of the Sabes Rays Swim Club. We are a member of the USA swimming organization. The Rays are a pre-competitive/competitive organization specifically designed for grades 1 and above. Currently, we have two different levels of swimming, Rays I and Rays II. Each group has a designated practice/instruction schedule.

RAYS I

Our pre-competitive group meets from 3:30–4:30 pm on Mondays, Wednesdays and Thursdays. These swimmers are typically between the ages of 6 and 9. This practice is dedicated to teaching swimmers all about the sport of swimming. We will work on all four competitive strokes, refining them using drills and other techniques. Swimmers will also work on other skills related to swimming such as starts from the blocks, flip turns, streamlines, and much more. In this practice, we will swim around 1,000 yards each time we meet, but the focus is primarily on skill acquisition, not distance. If you have a child who is interested in the sport of swimming and wants to get involved, come join us in the pool!

****Swimming Ability Requirement First Practice:** Swimmers must be able to swim front crawl comfortably for 25 yards (one length), and back crawl comfortably for 25 yards.

T	T (8–9 pm)	Call	
Th	Th (8:05–9:05 pm)	952.381.3422	
Su	Su (6–7 pm)	for pricing or to register	
	Ongoing		

RAYS II

Our competitive group meets from 4:45–6 pm on Mondays, Wednesdays and Thursdays. These swimmers are typically 9 and older, and include junior and high school kids with an interest in keeping in shape during the junior and high school off season. This group will focus on refining strokes as well, but also beginning to build endurance and strength. A typical practice is between 1,500 and 3,000 yards. We work on all aspects of swimming, incorporating into our practices distance work, sprints, starts turns, skill drills, and much more.

****Swimming Ability Second Practice:** All swimmers interested in Rays II must be promoted from the Rays I program or may go directly to Rays II with coach's approval. To start in Rays II, swimmers must be able to swim 50 yards front crawl in 55 seconds or less and demonstrate a moderate level of proficiency in backstroke. Some cursory knowledge of breast stroke and butterfly required. Swimmer must demonstrate a willingness to work hard and take on challenging workouts, as well as stay focused during practice.

Sabes Rays Swim Club is a member of USA Swimming and Minnesota Swimming. Rays I and II will have the opportunity to compete in swim meets throughout the season. Membership in USA Swimming is required to participate in swim meets. Participation in swim meets is not required, but is strongly encouraged.

Participants **MUST** contact the Aquatics Director for assessment before registering at 952.381.3422 or bbirnell@sabesjcc.org.

This program meets continually, and you may enroll at any time! One month written notice will be required if you choose to stop enrollment.

Days

Mondays, Wednesdays and Thursdays

Times

Rays I: 3:30–4:30 pm

(Pick up time no later than 4:45 pm)

Rays II: 4:30–6 pm

(Pick up time no later than 6:15 pm)

Fees

- Monthly fee: \$77m/\$100pp
- USA Membership: \$54
(must be purchased to participate in swim meets)
- Entry fees per meet/event will apply

Registration is ongoing.

QUESTIONS?

Contact Becky Birnell at
952.381.3422 or
bbirnell@sabesjcc.org.

We are no longer offering Swim Team study hour. Contact Danya Kornblum at 952.381.3344 or dkornblum@sabesjcc.org for information on HaBonim after-school program and a special swim team HaBonim rate.