

# aquatics

## SWIMMING LESSONS

We offer swim lessons for all ages and abilities, with emphasis on confidence, personal safety, swimming skills, endurance, and social skills. Choose the level that is appropriate based on swimming experience. Or, if you need more personal attention, private and semi-private lessons are available year-round.

**Adult private lessons are also available!**

### SESSION 1 - 2018: JAN 2 – FEB 12 (6 lessons)

\$111; \$84 JCC members

Specific class times are available online at [sabesjcc.org](http://sabesjcc.org) or at the J.

*For more information about any of our aquatic programs, or to schedule a swimming assessment to determine the appropriate level, please contact Heather Moor at [hmoor@sabesjcc.org](mailto:hmoor@sabesjcc.org) or call (952) 381-3459.*

## Winter 2018

Whether you want to swim laps, play with the kids, or just float around, our indoor pool has five lanes, as well as a ten-foot-deep end. And if you are just shy of three feet tall, our wading pool has you covered!

If it's water education or fitness that you're after, we offer a variety of classes for all ages and abilities. We have group classes, as well as private and semi-private classes with one-on-one instruction from our qualified swimming instructors. Small class sizes allow for greater individual attention and we creatively use age-appropriate games, songs and teaching techniques to ensure that everyone enjoys their lesson and leaves the pool with a satisfying sense of accomplishment.

### WATER BABIES

#### Ages 6-36 months

An interactive class is designed for babies and parents to become comfortable in the water and start swimming together. Learn basic water safety and to encourage swimming motor skills (kick, scoop, bubbles, etc.) and to safely submerge.

### WATER WIGGLERS

#### Ages 24-36 months

Children will work independently from their parents and learn floating, pop-up breathing, do "big arms," kicking on their backs, putting their face in and blowing bubbles, and water safety.

### FROGS

#### Ages 3-5

An introductory class designed for the nervous swimmer or very beginner to increase their comfort level in the water, submersions, back floats, and beginning to make independent forward progress on both front and back.

### GOBIES

#### Ages 3-5

Designed to teach the basics of freestyle, backstroke and streamlining for the swimmer who has developed comfort in the water and is able to swim short distances independently.

*Prerequisite: Frogs or Puffers*

### PUFFERS

#### Ages 6-12

### STINGRAYS

#### Ages 6-12

### TIGER BARBS

#### Ages 3-5

For the swimmer who is able to swim freestyle and backstroke over a moderate distance, this class teaches freestyle side breathing and introduction of kicks for breaststroke and butterfly. *Prerequisite: Gobies or Stingrays*

### SEALS

#### Ages 6-12

### DOLPHINS & SHARKS

#### Ages 5-12

Designed to enhance freestyle progression to develop progress towards bilateral breathing, butterfly and breaststroke progression, working towards putting together the arms/legs/breathing for each stroke, and incorporating flip turns and somersaults.

*Prerequisite: Tiger Barbs or Seals*

### SWIM FIT

#### Ages 6-12

A bridge between swimming lessons and swim team, this is a more intense swim experience focusing on increased yardage, and incorporating all four competitive strokes, while providing hands-on instruction and corrections to stroke technique.



sabes jcc  
minneapolis

# aquatic lessons - winter 2018

## SWIMMING LESSON CLASS DETAILS

### MONDAY SWIMMING LESSONS

#### SESSION 1: JAN 8 - FEB 12

| Time             | Level         |
|------------------|---------------|
| 9:45 - 10:15 am  | WaterWigglers |
| 10:15 - 10:45 am | Frogs         |
| 10:45 - 11:15 am | Water Babies  |
| 12:45 - 1:15 am  | Frogs         |

### TUESDAY SWIMMING LESSONS

#### SESSION 1: JAN 2 - FEB 6

| Time         | Level                    |
|--------------|--------------------------|
| 3:45-4:15 pm | Stingray<br>Seals        |
| 4:20-4:50    | Seals<br>Dolphins/Sharks |
| 4:55-5:25    | Frogs<br>Stingrays       |
| 5:30-6:00    | Seals<br>Dolphins/Sharks |
| 6:05-6:35    | Gobies<br>SwimFit        |

### THURSDAY SWIMMING LESSONS

#### SESSION 1: JAN 4 - FEB 8

| Time         | Level           |
|--------------|-----------------|
| MALE ONLY    |                 |
| 7:00-7:30 pm | Seals           |
| 7:30-8:00 pm | Dolphins/Sharks |

### FRIDAY SWIMMING LESSONS

#### SESSION 1: JAN 5 - FEB 9

| Time             | Level           |
|------------------|-----------------|
| 10:40 - 11:10 am | Gobies          |
| 3:30 - 4:00 pm   | Dolphins/Sharks |
| 4:05 - 4:35 pm   | Frogs           |
| 4:40 - 5:10 pm   | Seals           |

### SUNDAY SWIMMING LESSONS

#### SESSION 1: JAN 7 - FEB 11

| Time             | Level                                       |
|------------------|---|
| 9:25 - 9:55 am   | Frogs                                       |
| 9:30 - 10:00 am  | Water Babies                                |
| 10:00 - 10:30 am | WaterWigglers<br>Puffers<br>Gobies<br>Frogs |
| 10:35 - 11:05 am | Frogs<br>Gobies<br>WaterWigglers            |
| 11:10 - 11:40 am | Stingrays<br>Dolphins/Sharks<br>Frogs       |
| 11:45 - 12:15 pm | Seals<br>Swim Fit<br>Frogs<br>WaterWigglers |
| 12:20 - 12:50 pm | Gobies<br>Stingrays<br>Seals                |
| 12:55-1:25 pm    | Seals<br>Dolphins/Sharks<br>SwimFit         |
| 4:00 - 4:30 pm   | Gobies                                      |
| 4:30 - 5:00 pm   | Frogs                                       |
| 5:00 - 5:30 pm   | Seals                                       |

