



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.



sabes jcc

aquatic lessons - fall2015

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!**

FALL SESSION: OCT. 15 – DEC. 6* (7 lessons)

\$129.50; \$98 JCC members

*No lessons Nov. 26, 27, 28, 29. Specific class times are available online at 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 or call (952) 381-3459.

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.

SENIOR SWIM

Ages 60+

Designed for various levels from beginning to advanced, this class offers instruction to help alleviate pain, improve circulation, and promote healing and muscle development.

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SWIMMING LESSON CLASS DETAILS

MONDAY SWIMMING LESSONS

SESSION 5: OCTOBER 19 - NOVEMBER 30

Time	Level
9:30 - 10:00 am	Water Babies
10:05 - 10:35 am	Water Wigglers
10:40 - 11:10 am	Frogs
12:45 - 1:15 pm	Frogs

TUESDAY SWIMMING LESSONS

SESSION 5: OCTOBER 20 - DECEMBER 1

Time	Level
12:45 - 1:15 pm	Frogs
3:10 - 3:40 am	Frogs
3:45-4:15 pm	Stingrays Dolphins/Sharks
4:20-4:50	Gobies Seals
4:55-5:25	Frogs Seals
5:30-6:00	Gobies Seals
6:05-6:35	Stingrays Dolphins/Sharks

WEDNESDAY SWIMMING LESSONS

SESSION 5: OCTOBER 21 - DECEMBER 2

Time	Level
12:45 - 1:15 pm	Frogs
FEMALE ONLY	
7:00-7:30 pm	Puffers Stingrays
7:30-8:00 pm	Seals Dolphins/Sharks

THURSDAY SWIMMING LESSONS

SESSION 5: OCTOBER 15 - DECEMBER 3 (no class 11/26)

Time	Level
9:45 - 10:15 am	Gobies
10:30 - 11:00 pm	Frogs
12:45 - 1:15 pm	Gobies
MALE ONLY	
7:00-7:30 pm	Puffers Stingrays
7:30-8:00 pm	Seals Dolphins/Sharks

FRIDAY SWIMMING LESSONS

SESSION 5: OCTOBER 16 - DECEMBER 4 (no class 11/27)

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

SUNDAY SWIMMING LESSONS

SESSION 5: OCTOBER 18 - DECEMBER 6 (no class 11/29)

Time	Level
9:25 - 9:55 am	Senior Swim
10:00 - 10:30 am	Water Babies Frogs Puffers
10:35 - 11:05 am	Water Wigglers Frogs Gobies
11:10 - 11:40 am	Stingrays Seals Swim Fit
11:45 - 12:15 pm	Frogs Seals Dolphins/Sharks
12:20 - 12:50 pm	Gobies Stingrays Seals
12:55-1:25 pm	Seals Dolphins/Sharks



REGISTRATION NOW OPEN!