

group swim lesson

class descriptions

WATER BABIES

Ages 6 months – 3 years

This playful introduction to the water is designed for babies and parents to become more comfortable in the water. Through games and songs, swimmers focus on motor skills, water awareness, and water safety. Using a gentle, loving, child-centered approach, we partner with parents to create a successful water experience.

WATER WIGGLERS

Ages 2 – 3

Children work independently from their parents while working on putting their faces in the water, floating comfortably, swimming independently and water safety.

FROGS

Ages 3 – 5

PUFFERS

Ages 6 – 12

For the nervous or beginning swimmer to increase their comfort and safety in the water. Learn to float on their back, jump in the water and make progress on their front and back.

GOBIES

Ages 3 – 5

STINGRAYS

Ages 6 – 12

For the swimmer who demonstrates comfort in the water and is able to swim short distances independently, this class will teach the basics of freestyle and backstroke. *Prerequisite: Frogs, Puffers or equivalent.*

TIGER BARBS

Ages 3 – 5

SEALS

Ages 6 – 12

An introduction to side breathing, breaststroke and butterfly kick. Refine strength and technique in freestyle and backstroke. *Prerequisite: Gobies, Stingrays or equivalent.*

DOLPHINS

Ages 5 – 12

Advance endurance and strength through skill drills, focusing on bilateral breathing, dives, flip turns and stroke progression. *Prerequisite: Tiger Barbs, Seals or equivalent.*

PRIVATE & SEMI-PRIVATE LESSONS ARE AVAILABLE YEAR-ROUND FOR ALL AGES, INCLUDING ADULTS.



sabes jcc
minneapolis