



## Mid-Minnesota Community Aquatic Swim Program

Our goal as a swim lesson provider is to provide smaller class sizes, stroke development, build endurance, educate participants on safety in and out of the water and most important having fun. Our caring and dedicated staff will use positive feedback, effective lesson planning, class management and a variety of teaching techniques to provide a quality program. Hope to see you this summer!

Baby Bobbers, Toddler Swim, Preschool and Private Swim lessons are 25 minutes long and meet 8 times.

### Baby Bobbers (Ages 6-24 months)

Designed to orient your child (accompanied by an adult) to better prepare them for swim lessons. Parents will learn safety information and techniques to help your child feel comfortable in the water. This class provides a bonding experience for parents and their children.

**Class limit: 12**

### Toddler Time (Ages 2-3 years)

Designed to orient your toddler (accompanied by an adult) to better prepare them for preschool swim lessons. Toddler will learn to ease the transition from parent to instructor and become more comfortable with their skills and surroundings. Skills we will start focusing on are safety, kicking, paddle, floats and underwater exploration.

**Class limit: 12**

### Beginner Preschool (Ages 3-4 years)

Skills taught include safety topics, water adjustments, kicking, floating with support, front and back paddle, breath control and completely submerging. Parents do not need to get into the water with their child.

**Class limit: 4**

### Advanced Preschool (Ages 3 to 4 years)

Skills taught include safety topics, front and back paddle, kicking, treading water and advance breath control. The goal in this class is to perform each skill unassisted. Parents do not need to get into the water with their child.

**Class limit: 4**

### Private/Semi-Private Lessons

These lessons are 30 minutes long and meet 4 times. Private lesson are designed to give any participant the individualized attention necessary to improve or master swimming skills. Together, the instructor, participant(s) and/or parent, determine the goals for the session and the curriculum is customized to meet your goals. A maximum of two participants may attend a semi-private lesson. The individuals taking semi-private lessons must be of the same ability.

**Class limit: 1-2**

Swim 1-6 and 40 minutes long and meet 8 times. Please see the descriptions below. We encourage participants to complete all swim levels to ensure learning all swimming skills and strokes.

### Swim 1 (Ages 5+)

Participants become comfortable in the water learning basic skills. Safety topics include pool rules, recognizing lifeguard, safe water entry, being able to recall name and phone number, helping yourself in an emergency and proper use of life jacket.

**Class limit: 5**

***Skills:***

- Enter and exit the water
- Blow bubbles
- Bob underwater
- Pick up object under water
- Front/back floats
- Front/back blast offs
- Flip flops (roll from front to back)
- Flutter kick on wall
- Front/back paddle
- Tread water motions

### Swim 2 (Ages 5+)

Participants learn to swim without support. Safety topics include being able to recall parent's/guardian's names, home address, proper use of lifejackets and boat safety.

**Class limit: 5**

***Skills:***

- Jump into chest-deep water and return to the edge of pool
- Bob underwater and hold breath
- Front/back float
- Front/back blast off
- Flip flops (roll from front to back /back to front)
- Flutter kick with kick board
- Tread water
- Front/back crawl
- Breaststroke kick

### Swim 3 (Ages 5+)

Participants learn to be comfortable with new skills in deep water and learn new strokes. Safety topics include helping yourself and others in an emergency, safe weather conditions for swimming and proper use of lifejackets.

**Class limit: 6**

**Skills:**

- Jump into deep water and return to wall
- Swim underwater and pick up an object
- Front/back float in deep end
- Flutter kick on front/back with kick board
- Tread water in deep end
- Front crawl with rhythmic breathing
- Back crawl
- Elementary backstroke
- Breaststroke kick
- Breaststroke arm motion

### Swim 4 (Ages 5+)

Participants increase endurance, improve skills learned in Swim classes 1-3 while learning new skills. Safety topics include basic First Aid, reaching assist and proper use of lifejacket.

**Class limit: 6**

**Skills:**

- Feet-first surface dive in deep end
- Somersault
- Open turn: Front crawl
- Open turn: Back crawl
- Tread water
- Flutter kick on front/back with kick board
- Breaststroke kick with kick board
- Front/back crawl
- Elementary backstroke
- Breaststroke
- Dolphin kick

### Swim 5 (Ages 5+)

Participants learn ways to improve efficiently for strokes learned in Swim classes 1-4 while learning new skills. Safety topics include First Aid, throwing assist and proper use of a lifejacket.

**Class limit: 8**

**Skills:**

- Feet-first surface dive to 7 ft. and pick up object
- Flip turn: Front crawl
- Flip turn: Back crawl
- Tread water
- Flutter/dolphin/breaststroke kick with kick board
- Front/back crawl with flip turn
- Elementary back stroke
- Breaststroke
- Butterfly
- Sidestroke

### Swim 6 (Ages 5+)

Participants have learned all strokes and will concentrate on refining their technique. Safety topics include recognizing spinal injury and proper use of a lifejacket.

**Class limit: 8**

**Skills:**

- Feet first surface dive and pick up brick
- Open turn breaststroke/butterfly
- Tread water, kick only
- Flutter/dolphin/breaststroke kick with kick board
- Front/back crawl with flip turn
- Elementary back stroke
- Breaststroke with open turn
- Butterfly with open turn
- Sidestroke