

Mid-Minnesota Community Aquatic Swim Program

Our goal as a swim lesson provider is to provide smaller class sizes, stroke development, build endurance, and educate participants on safety in and out of the water. 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 Time, Private Lessons, and Semi-Private Lessons are 30 minutes and meet 4 times.
- Beginner/Advanced Preschool through Level 6 lessons are 30 minutes and meet 8 times.

Baby Bobbers (Ages 6-24 months): Class Limit – 12 participants

Designed to orient your child (*accompanied by an adult*) to better prepare them for swimming lessons. Parents will learn safety information and techniques to help their child feel comfortable in the water.

This class will develop the following skills: *safe entry into the pool, blowing bubbles, exploring water/splashing, swim position holds, front & back floats, front & back blast offs, flip flops, flutter kick on front/back, and scoops on front. All skills in this level will be assisted by parent/guardian.*

Toddler Time (Ages 2-3 years): Class Limit – 12 participants

Designed to orient your toddler (*accompanied by an adult*) to better prepare them for preschool swim lessons. Toddler Time will ease the transition from parent to instructor and help participants become more comfortable with their skills and surroundings.

This class will develop the following skills: *safe entry into the pool, standing on tot deck, blowing bubbles, bob underwater, swim position holds, front/back floats, front/back blast offs, flutter kick on front/back, flutter kick with barbells/kickboard, paddle on front/back, scoops on front/back. All skills in this level will be assisted by parent/guardian.*

Beginner Preschool (Ages 3-4 years): Class Limit – 4 participants

Designed to introduce water safety skills and beginning stroke concepts to participants. All skills taught in this lesson will be assisted by the instructor. Parents will not enter the water with their child.

This class will develop the following skills: *enter/exit the water safely, jump into shallow end of pool, blow bubbles, bob 3 times, front/back float, front/back blast off, flutter kick on front/back, flutter kick with barbell/kickboard on front/back, scoops on front/back.*

Advanced Preschool (Ages 3 to 4 years): Class Limit – 4 participants

Designed to introduce water safety skills and beginning stroke concepts to participants. All skills taught in this lesson will be *minimally* assisted by the instructor. Parents will not enter the water with their child.

This class will develop the following skills: enter/exit the water safely, jump into deep water and return to wall, blow bubbles, bob 5 times, underwater breath hold (3 seconds), front/back float, front/back blast off, flip-flops, flutter kick on front/back, flutter kick with barbell/kickboard on front/back, scoops/sculling on front/back.

Private/Semi-Private Lessons – Class Limit 1-2 participants

These lessons are 30 minutes long and meet 4 times. Private lessons are designed to give a 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. Our normal swimming lesson curriculum will be modified and adapted to meet the participants' needs. A maximum of two participants may attend a private/semi-private lesson. The individuals taking semi-private lessons must be of the same ability. At registration, the participant(s) name/skill level must be provided.

Swim 1 (Ages 5+) – Class Limit 5 participants

Designed to introduce participants to fundamental water safety and swimming concepts. Participants will gradually be released from instructor assisted skills and demonstrate skills independently. At the end of level 1, all skills should be demonstrated independently or with minimal assistance by the instructor.

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+): Class Limit – 5 participants

Designed to increase participants proficiency in fundamental water safety and swimming concepts. Participants will be asked to complete skills independently, with minimal instructor support. Treading water and breaststroke kick will be introduced as new concepts in level 2. At the end of level 2, all skills should be demonstrated independently by the participant.

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+): Class Limit – 6 participants

Designed to increase swimming endurance and introduce new, more complex, swimming skills. Rhythmic breathing for front crawl, elementary backstroke, and breaststroke arm motion will be introduced in level 3. At the end of level 3, all skills should be demonstrated independently by the participant.

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+) – Class Limit 6 participants

Designed to increase swimming endurance and develop complex swimming skills. Participants will be introduced to the feet-first surface dive, somersault, open turn, dolphin kick, and be asked to swim longer distances during level 4. At the end of level 4, all skills should be demonstrated independently and for the correct distance/time designated in the Mid-Minnesota Curriculum.

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+): Class Limit - 8 participants

Designed to increase swimming endurance and perform complex swimming skills with the proficiency of a beginning competitive swimmer. Participants learn ways to improve efficiently for strokes learned in Swim classes 1-4. Participants will be introduced to flip turns, butterfly, sidestroke, and diving. At the end of level 5, participants should be able to perform all strokes efficiently and for the correct distance/time designated in the Mid-Minnesota Curriculum.

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+): Class Limit – 8 Participants

Designed to help participants refine their swimming efficiency and technique while increasing swimming endurance. There are no new concepts introduced in this level, all previously learned skills will be critiqued and improved by the instructor. At the end of level 6, participants should be able to demonstrate all skills independently and for the correct distance/time designated by the Mid-Minnesota swimming curriculum.

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