

# Minnetonka Aquatics

## Learn-to-Swim Level Descriptions

**Register your child for lessons based upon their age and swimming ability.**

### **Greenhorn Level: Ages 6 months to 3 years + parent**

The Greenhorn levels provide a structured learning environment in which children become comfortable in the water while accompanied by their parent(s). Instructors use fun activities to help children gain confidence and make the water an enjoyable place for a new swimmer.

**Greenhorn 1** – This class is for young (6 to 12 months) or apprehensive swimmers and their parent. Using a gentle, structured approach with games, songs and other activities, children gain the confidence to lie on their back assisted with ears submerged, submerge their face in the water and feel safe in a pool environment.

- 30 minute class
- Max Ratio: 6:1
- Children who are not potty trained must wear reusable swim pants

**Greenhorn 2** – This class is for more fearless, eager little swimmers (1 to 3 years) who still need to be accompanied by a parent in the water. This is a fun, faster, more advanced class that uses a gentle and structured approach to build confident swimmers with games, songs and other activities. Children learn to submerge up to 4 seconds and lie on their back assisted with ears submerged for up to 30 seconds.

- 30 minute class
- Max Ratio: 6:1
- Children who are not potty trained must wear reusable swim pants

### **Sailor Level: Ages 3 to 5**

Sailor classes are fun and packed with learning swimming fundamentals. Swimmers will learn to be confident, have fun and love swimming!

**Sailor 1** – This class is for inexperienced and/or cautious swimmers.

Swimmers will learn to fully submerge their head, front float, back float and demonstrate forward movement with a floatation device.

- 30 minute class
- Max Ratio: 4:1

**Sailor 2** – This class is for swimmer who can voluntarily submerge their head, front float, back float and demonstrate forward movement with a floatation device.

Swimmers will learn to front float unassisted, back float unassisted, swim unassisted with their face in the water for 5 yards and understand the basics of backstroke.

- 30 minute class
- Max Ratio: 4:1

**Sailor 3** – This class is for swimmers who can front float unassisted, back float unassisted, swim unassisted with their face in the water for 5 yards and understand the basics of backstroke.

Swimmers will learn to swim freestyle with rotary breathing for 5 yards, swim backstroke for 5 yards and perform a streamline glide off the wall.

- 30 minute class
- Max Ratio: 4:1

### **Skipper Level: Ages 5 to 7**

Skipper classes cover all ability levels from inexperienced swimmers to swimmers looking to refine stroke. Skipper levels work on fun and safe fundamentals in order to create a love for swimming!

**Skipper 1** – This class is for inexperienced and/or cautious swimmers.

Swimmers will learn to fully submerge their head, front float, back float, swim 5 yards of freestyle with rotary breathing and perform a streamline glide off the wall.

- 30 minute class
- Max Ratio: 4:1

**Skipper 2** – This class is for swimmers who will voluntarily submerge their head, front float, back float and swim 5 yards of freestyle with rotary breathing.

Swimmers will learn to swim freestyle with rhythmic breathing for 10 yards, swim backstroke for 10 yards, and perform breaststroke and dolphin kicks.

- 30 minute class
- Max Ratio: 4:1

**Skipper 3** – This class is for swimmers who can swim freestyle with rhythmic breathing for 10 yards, swim backstroke for 10 yards and perform legal breaststroke and dolphin kicks.

Swimmer will learn to swim freestyle with rhythmic breathing for 12 ½ yards, swim backstroke for 12 ½ yards and swim breaststroke or 5 yards.

- 30 minute class
- Max Ratio: 4:1

**Skipper 4** – This class is for swimmers who can swim freestyle with rhythmic breathing for 12 ½ yards, swim backstroke for 12 ½ yards, perform legal dolphin kick and swim breaststroke for 5 yards.

Swimmers will learn to swim freestyle with rotary breathing for 15 yards, swim backstroke for 15 yards, swim breaststroke for 10 yards and swim butterfly for 5 yards.

- 30 minute class
- Max Ratio: 4:1

**Skipper 5** – This class is for swimmers who can swim freestyle with rotary breathing for 15 yards, swim backstroke for 15 yards, swim breaststroke for 15 yards and swim butterfly for 15 yards.

Swimmers will learn to swim freestyle with rotary breathing for 25 yards, swim backstroke for 25 yards, swim breaststroke for 15 yards and swim butterfly for 15 yards.

- 30 minute class
- Max Ratio: 4:1

### **Admiral Level: Ages 7 to 13**

Admiral classes cover all ability levels from inexperienced swimmers to swimmers looking for stroke refinement. Admirals focus on proper swimming technique for a shorter distance with a lot of repetitions and feedback. This in turn will create more endurance and more effective swimming.

**Admiral 1** – This class is for inexperienced and/or cautious swimmers.

Swimmers will learn to float on their front and back unassisted, swim 15 yards freestyle with rhythmic breathing, swim 15 yards backstroke and perform breaststroke kick.

- 30 minute class
- Max Ratio: 4:1

**Admiral 2** – This class is for swimmers who can float on their front and back unassisted, swim 15 yards freestyle with rhythmic breathing, swim 15 yards backstroke and demonstrate breaststroke kick.

Swimmers will learn to swim 25 yards freestyle with rhythmic breathing, swim 25 yards backstroke, swim 10 yards breaststroke and dolphin kick for 25 yards.

- 30 minute class
- Max Ratio: 4:1

**Admiral 3** – This class is for swimmers who can swim 25 yards freestyle with rhythmic breathing, swim 25 yards backstroke, swim 10 yards breaststroke and dolphin kick for 25 yards.

Swimmers will learn to swim 50 yards freestyle, 50 yards backstroke perform flip turns, swim 25 yards breaststroke, swim 15 yards butterfly and refine strokes.

- 30 minute class
- Max Ratio: 5:1