

MINNOWS



\$120 Per Session

Class Description:

Minnows is the perfect fit for the swimmer who finished last summer loving the water and excited to start the summer off with a bang! A Minnow isn't afraid to go under the water entirely, swim on his or her own for a few feet, jump off the side to an adult, or float. We will continue to review what to do if you get into a scary situation (we love safety), and build on confidence and endurance gained by spending quality splash time in the pool.

Prerequisites:

- Some experience in the water
- Able to put face in/blow bubbles
- Able to submerge
- Able to jump off of the side
- Able to swim several feet independently (swim back to steps or wall)
- Able to float on back and stomach

Skills Taught:

- Continue building confidence in the pool
- Being in incorporating "reach and touch" arms
- Kicking on back along with using arms to move body
- Swimming on stomach, then flipping onto back for safety
- Build swim endurance
- Submerge and retrieve items from shallow end
- Learn to take independent breath and continue swimming

Parents or supervisors are required to remain on the pool deck during the lesson. Sign ups will be on a first come, first serve basis. A wait list will be created in the event there are more students than instructors.

Ratio: 5 to 1