



Minnetonka Aquatics Recreational Program Offerings

The goal of our programs is to make swimming accessible, successful, fun, and safe! We aim to empower every participant with skills, knowledge and confidence in their swimming ability, while developing a lifelong commitment to safety, wellness, and enjoyment in the water.

We are proud to offer

- Affordable rates and financial aid available
- Results-focused curriculum that teaches proper stroke technique
- Enthusiastic, highly-qualified instructors and coaches, many of them swimming for Minnetonka High School and Swim Club

Minnetonka Aquatics Rec Programs

Learn-to-Swim: small group lessons for swimmers 6 mo-13 years of all skill levels

Rec Swim Team: designed for swimmers who are interested in competitive swimming, allowing them to sample a competitive swim team before trying out for a club team.

Private Lessons: 1:1 lessons for swimmers 3 and up of all skill levels

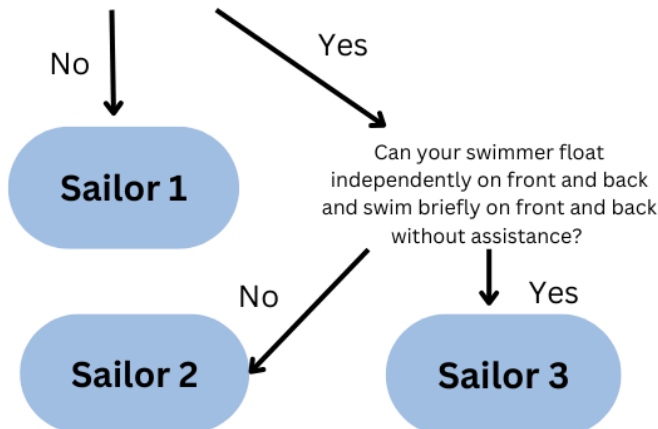
Read on for more information on our offerings, how to choose the right level for your swimmer, and pricing



Selecting the Right Level

Ages 3-5: Sailor Levels

Can your swimmer submerge their entire body underwater and swim briefly on their fronts unassisted?

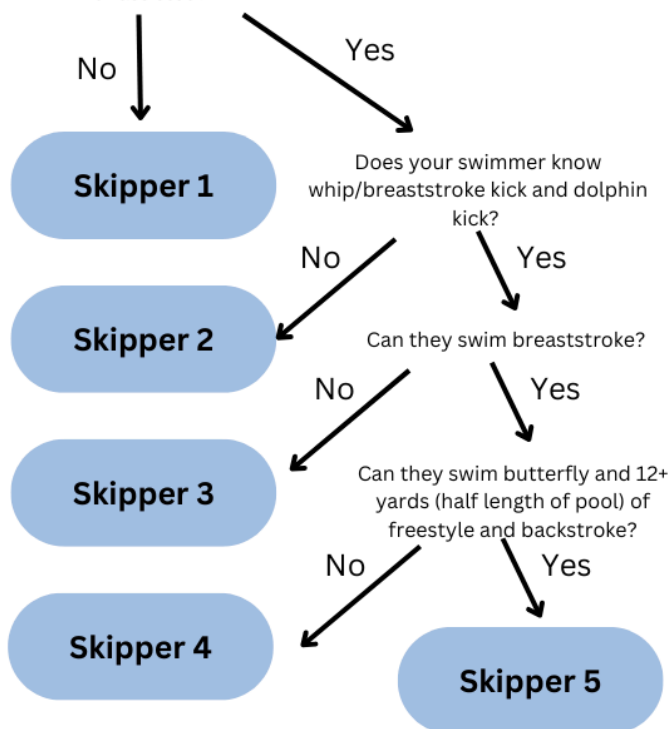


After graduating Sailor 3, swimmers 5+ should move to Skipper 2



Ages 5-7: Skipper Levels

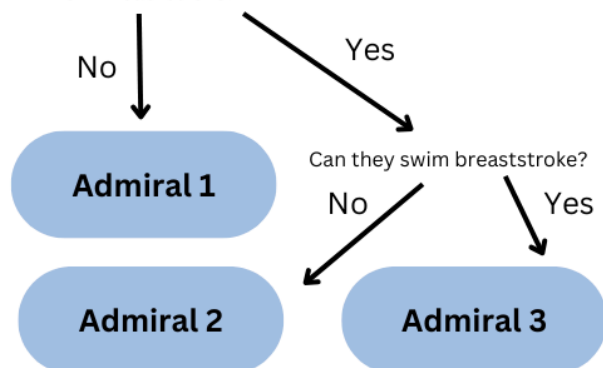
Can your swimmer submerge their entire body underwater and float unassisted?



After graduating from Skipper 5, swimmers 5 and 6 can try our Rec Swim Team! 7 year olds can move to Admiral 3

Ages 7-13: Admiral Levels

Can your swimmer swim freestyle with rotary/side breathing and swim backstroke?



After graduating from Admiral 3, swimmers 5 and 6 can try our Rec Swim Team!



Learn-to-Swim Level Descriptions

Private Lessons: Ages 3 years and up!

We offer private and semi-private lessons for swimmers of all abilities. Whether it's their first time taking a swim lesson or they want to try out for the club team, our instructors work with you to give your swimmer the tools they need to reach their goals!

Greenhorn Level: Ages 6 months to 3 years + parent

The Greenhorn level provides a structured learning environment for children to 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!

Sailor Levels: 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! All Sailor classes are 30 minutes, and have a maximum instructor to student ratio of 4:1.

Sailor 1

This class is for inexperienced and/or cautious swimmers, with a focus on becoming more comfortable and safe in the water. Swimmers will learn to fully submerge their head, front float, back float, and demonstrate forward movement with a floatation device.

Sailor 2

This class is for swimmers who can voluntarily submerge their head, front float, back float and demonstrate forward movement with assistance. 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.

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.

After passing Sailor 3, swimmers ages 5+ can move up to Skipper 2



Skipper Levels: Ages 5 to 7

Skipper classes cover all ability levels from inexperienced/first-time swimmers to swimmers looking to refine strokes used for competition. Skipper levels focus on confidence and competence in the water. Skipper 1-4 classes are 30 minutes, Skipper 5 is 45 minutes, and all have a maximum instructor to student ratio of 4:1.

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.

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.

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

Skipper 4

This class is for swimmers who can swim freestyle with rhythmic breathing for 15 yards, swim backstroke for 15 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.

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, and improve technique for breaststroke for 15 yards and butterfly for 15 yards.

*45 minute class

After passing Skipper 5, swimmers are ready to try our Rec Swim Team



OR move on to Admiral 3 (ages 7+), encouraged to solidify technique before Rec Team!

Admiral Level: Ages 7 to 13

Admiral classes cover all ability levels from inexperienced swimmers to swimmers looking for stroke refinement who may be ready to try competitive swimming. Admirals focus on proper swimming technique for all four strokes with lots of repetitions and feedback.

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 utilize breaststroke (whip) 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 25 yards butterfly and refine strokes.

- 45 minute class
- Max ratio 5:1

After passing Admiral 3, swimmers are ready to move on to our Rec Swim Team!
[Read on for more information](#)



Rec Swim Team Age-Group Descriptions

Rec Swim Team

Rec Team is designed for swimmers interested in competitive swimming. The team allows your swimmer to sample a competitive swimming environment by competing at swim meets, participating in team style practices, and learning competition skills before deciding if they'd like to try out for a club swim team.

Prerequisites and Skill Assessment

Swimmers will swim laps at practice. Swimmers who do not possess the required skills to safely participate will be moved back to the Learn-to-Swim program. On the first day of practice, swimmers will be tested on the required skills (listed in "requirements" below), to ensure that the Rec Team is a good fit. Each age group will be split up into levels based on ability, to better serve swimmers of different skill levels.

The Minnetonka Middle School East pool is deeper and colder than the MMW pool. Swimmers will be expected to swim 25-50 yards unassisted in deep water, please consider if this will be a comfortable fit for your swimmer.

Rec Team Mini-Meets

The main goal of the Rec Team is for your swimmer to try competitive swimming. Throughout the season, there are "mini" swim meets for swimmers to showcase their skills and have fun racing! **USA Swimming Flex membership is required to participate on the Rec Team. It costs an additional \$30 for swimmers under 12, and \$80 for 12+ for a year of membership.**

Goals Upon Completing a Rec Swim Team Session

- Increase yardage and endurance
- Improve technique for four competition strokes
- Dive off starting blocks
- Execute flip turns and open turns
- Understand swim meets and how to race legally, without being disqualified
- Learn age-appropriate training drills
- Discover a love for the sport of swimming



Age 5-7 Rec Team

Requirements:

- 25 yard freestyle
- 25 yard backstroke
- 15+ yards breaststroke and butterfly.
- Must have passed Skipper 5 or equivalent level
- Swim and tread unassisted in deep water

Upon completing the program athletes in Rec Team ages 5-7 will be provided with the skills to:

- Increase their overall swimming technique
 - Complete a 50 yard freestyle
 - Complete a 50 yard backstroke
 - Complete a 25 yard breaststroke
 - Complete a 25 yard butterfly
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Age 8-10 Rec Team

Requirements:

- 25 yard freestyle
- 25 yard backstroke
- 25 yards breaststroke
- 15+ yards butterfly
- Must have passed Skipper 5, Admiral 3 or equivalent level

Upon completing the program athletes in Rec Team ages 8-10 will be provided with the skills to:

- Increase their overall swimming technique
- Complete a 50-75 yard freestyle
- Complete a 50-75 yard backstroke
- Complete a 25-50 yard breaststroke
- Complete a 25-50 yard butterfly



Age 11-15 Rec Team

Requirements:

- 50 yards of freestyle
- 50 yards backstroke
- 25 yards breaststroke
- 25 yards butterfly.
- Must have passed Admiral 3 or equivalent level

Upon completing the program athletes in Rec Team ages 11-15 will be provided with the skills to:

- Increase their overall swimming technique
- Complete a 50-100 yard freestyle
- Complete a 50-100 yard backstroke
- Complete a 50-100 yard breaststroke
- Complete a 25-50 yard butterfly

Is your swimmer looking to become more involved in the world of competitive swimming? Learn more about our Minnetonka Swim Club [HERE](#)

Program Pricing

Session prices are determined based on the number of classes/practices in the session. Typically an 8-week session during the school year.

Learn-to-Swim Group Lessons= \$17.50/class, \$140/8-week session

Private Lessons= \$40/class, \$320/ 8-week session, with additional cost to add swimmer(s) for a semi-private.

Rec Swim Team= \$21/practice, \$165/ 8-week session, plus required annual USA Swimming registration fee.

Financial Aid is available, please email Ellery to apply.

Please contact ellery.funk@minnetonkaschools.org with any questions