

Minnetonka Aquatics

Learn-to-Swim Level Descriptions

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

[Click here](#) for a few easy questions that will help you determine your child's placement.

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 is a water adjustment class 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.

Greenhorn 2 -This is a water adjustment class 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. Greenhorn 2s will also learn how to stay safe in a pool environment and be exposed to wearing a life jacket.

Sailor Level

Ages 3 to 5

The Sailor level is for our beginning swimmers. Classes are fun and packed with learning the fundamentals of floating, streamlining (controlled glide) and safety. The goal of this level is to give children confidence in and around water.

Sailor 1 – This class is for inexperienced and/or cautious swimmers. Sailor 1s learn a variety of water adjustment skills, such as how to submerge their whole head for 4 seconds, how to maintain forward momentum, independent movement with a flotation device, staying safe in a pool environment, lying on their back assisted with ears submerged for up to 30 seconds, jumping in from the side of the pool and reaching underwater for items.

Sailor 2 – In this class, Sailor 2s are taught forward motion with their face in the water starting off using a noodle or flotation device & will progress to needing no assistance. They will be introduced to streamlining off the wall and breath control. By the end of class, Sailor 2s will be required to swim unassisted with their face in the water.

Sailor 3 – In this class, children learn to streamline off the wall to an “island” on both their stomach and back with no assistance, as well as how to breathe in a rhythm for advanced breath control. The freestyle, elementary backstroke, deep water swimming and the diving board will also be introduced. By the end of class, Sailor 3s will be required to independently float on their back as well as swim freestyle unassisted for up to 5 yards.

Skipper Level **Ages 5 to 7**

The Skipper level is filled with fun and safe fundamentals of body streamlining (controlled gliding), the four competitive strokes (freestyle, backstroke, breaststroke and butterfly), treading water and basic diving from the side of the pool and diving board. Safety in and around the pool and other bodies of water will be highlighted in a safety lesson. Body position and how to breathe while maintaining a calm, relaxed rhythm is stressed, giving Skippers the ability to swim further and in a more efficient manner.

Skipper 1 – This class is for inexperienced and/or cautious swimmers. Skipper 1s will learn a variety of water adjustment skills. Participants will learn to submerge their whole head for 4 seconds, safety in a pool environment, how to lie on their back assisted with ears submerged for up to 30 sec., how to jump in from the side of the pool and to reach for underwater items. Freestyle, elementary backstroke & backstroke will be introduced. Swimmers will be expected to swim up to 5 yards of freestyle unassisted by the end of this level.

Skipper 2 – In this class, children will learn to streamline off the wall to an “island” on both their stomach and back with no assistance, as well as how to breathe in a rhythm for advanced breath control. Freestyle, elementary backstroke & backstroke will be progressed in this level. By the end of this level Skipper 2s will be expected to swim freestyle for 10 yards unassisted as well as swim elementary backstroke & backstroke with little assistance.

Skipper 3 – In this class, Skipper 3s will be focused on learning breaststroke & dolphin kicks as well as developing their freestyle by focusing on rhythmic breathing as well as becoming familiar with sitting & kneeling dives. Skipper 3s will be challenged & their endurance will be tested. Skipper 3s will be expected to swim freestyle & backstroke for 10 yards unassisted upon completion of this level.

Skipper 4 – In this class swimmers will be focusing on developing their freestyle & backstrokes as well as learning breaststroke arm placement & swabbing the deck (treading water). Skipper 4s will also be introduced standing up competitive swimming style dives. By the end of Skipper 4 swimmers will be expected to swim 25 yards of freestyle without stopping.

Skipper 5 – In this class, Skippers 5s will be focused on polishing their Skipper 4 skills. Swimmers will be introduced to proper butterfly arm placement. Skipper 5s will be building endurance by treading water for longer as well as swimmer farther. By the end of class, Skipper 5s will be required to swim 25 yards of freestyle & backstroke without stopping as well as 15 yards of breaststroke & butterfly. Upon completion of this level swimmers are encouraged to explore the options Minnetonka Swim Club has to offer.

Admiral Level

Ages 7 to 13

The skills learned in each Admiral level vary greatly to better address the different experience levels among this age group. Admiral 1 is for older swimmers who have not been exposed to water and may be inexperienced and/or cautious. Though new to swimming, children are placed with others their age to increase their confidence and enjoyment in the water. Admiral 2 and 3 are designed for swimmers who have been in lessons and have a strong knowledge of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly). Safety in and around the pool and other bodies of water will be highlighted in a safety lesson. This advanced level will help children gain pride and confidence in their swimming ability.

Admiral 1 – The Admiral 1 level is for inexperienced and/or cautious swimmers. Admirals 1s learn water adjustment skills, submersion and introduction to freestyle and backstroke. Swimmers will be pushed to become comfortable in the water and encouraged to swim without assistance. Upon completion of Admiral 1 swimmers are expected to swim 25 yards of freestyle unassisted as well as at least 20 yards of backstroke & elementary backstroke unassisted.

Admiral 2 – This is a 60-minute lesson for students who want to refine their technique as well as increase endurance. Admiral 2s will be introduced to flip turns, proper finishes, competitive swimming style dives and swimming 'sets' utilizing a pace clock. Registrants need to know how to swim freestyle with rhythmic breathing, the backstroke, as well as the breaststroke and butterfly kick. Upon completion of this level swimmers will be expected to swim all competitive strokes (freestyle, backstroke, breaststroke and butterfly) for 25 yards. Swimmers completing this level are encouraged to explore the options Minnetonka Swim Club has to offer.

Admiral 3 – This is a 60-minute, non-competitive "team" style workout for advanced students who want to increase their endurance and their polish technique. Admiral 3s will be introduced to usage of fins (fins are not required for purchase) as well as backstroke starts, relays & more advanced stroke technique. Swimmers signing up for Admiral 3 need to be able to do at least 25 yards of each competitive stroke (freestyle, backstroke, breaststroke and butterfly) properly without stopping, as well as competitive swimming style dives & flip turns. Upon completion of this level swimmers are encouraged to explore the options Minnetonka Swim Club has to offer.