

Minnetonka Aquatics

Learn-to-Swim Class Selection Guide

- 1) First, find the level (Greenhorn, Sailor, etc.) that corresponds to your child's age.
- 2) Find your class (1, 2, etc.) by answering questions about your child's swimming ability.
- 3) Register for classes at the [Minnetonka Aquatics Center](#) or [Middle School West](#).

If you are still unable to determine the class in which to register, contact the Learn-to-Swim Coordinator at 952-401-5225 or ben.bartell@minnetonka.k12.mn.us.

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 (Age 6 to 24 mos.)

Equivalent to: Foss Baby 1, YMCA Sea Turtle and Red Cross Parent/Child 1

- Is your child comfortable in water and able to do light submersion for 2-4 seconds?
- Is your child relaxed when doing a supported back float for 30 seconds
- Does your child show an eagerness to be in water and is not fearful?

If you answered '**NO**' to any of the above, your child is a **Greenhorn 1**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Greenhorn 2 (Ages 2 to 3 years)

Equivalent to: Foss Baby 2/3, YMCA Sea Lion/Sea Horse and Red Cross Parent/Child 2

- Can your child stay submerged in water for four seconds?
- Can your child float on their back with little to no assistance for one minute?
- Does your child show a willingness to jump into water?

If you answered '**NO**' to any of the above, your child is a **Greenhorn 2**. If you answered '**YES**' to all of the above, please contact our Learn-to-Swim Coordinator at 952-401-5225 or ben.bartell@minnetonka.k12.mn.us for appropriate group placement.

Sailor Level - Ages 3 to 5 years

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

Equivalent to: Foss Little 1, YMCA Pike and Red Cross Preschool 1

- Can your child put their face in the water four seconds?
- Can your child back float for 30 seconds with little to no assistance?
- Can your child front float for four seconds without moving?
- Can your child retrieve submerged items without wearing goggles?

If you answered '**NO**' to any of the above, your child is a **Sailor 1**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Sailor 2

Equivalent to: Foss Little 2/3, YMCA Eel and Red Cross Preschool 2

- Is your child able to do a four second, face-submerged streamline (controlled glide) after pushing off from a wall with little assistance?
- Can your child back float for one minute?
- Can your child safely jump off a one meter diving board into deep water and swim back to the wall with little to no assistance?

If you answered '**NO**' to any of the above, your child is a **Sailor 2**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Sailor 3

Equivalent to: Foss Little 3/4, YMCA Ray/Starfish and Red Cross Preschool 3

- Is your child able to do a four second, face-submerged streamline (controlled glide) after pushing off from a wall with NO assistance?
- Can your child safely jump off a one meter diving board into deep water and swim back to the wall with NO assistance?
- Can your child tread water for one minute with their head completely out of the water?
- Can your child demonstrate rhythmic breathing?
- Can your child back float for two minutes with no movement?

If you answered '**NO**' to any of the above, your child is a **Sailor 3**. If you answered '**YES**' to all of the above, please contact our Learn-to-Swim Coordinator at 952-401-5225 or ben.bartell@minnetonka.k12.mn.us for appropriate group placement.

Skipper Level - Ages 5 to 7 years

The Skipper level is filled with fun and safe fundamentals of body streamlining (controlled gliding), the four competitive strokes (front crawl, 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

Equivalent to: Foss Middle 1, YMCA Polliwog and Red Cross Level 1

- Is your child able to do a four second, face-submerged streamline (controlled glide) after pushing off from a wall with NO assistance?
- Can your child safely jump off a one meter diving board into deep water and swim back to the wall with NO assistance?
- Can your child tread water for one minute with their head completely out of the water?
- Can your child demonstrate rhythmic breathing?
- Can your child back float for two minutes with no movement?

If you answered '**NO**' to any of the above, your child is a **Skipper 1**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Skipper 2

Equivalent to: Foss Middle 2, YMCA Guppy and Red Cross Level 2/3

- Is your child able to do a four second, face-submerged streamline (controlled glide) after pushing off from a wall with NO assistance?
- Can your child demonstrate a front crawl stroke with rhythmic breathing?
- Can your child demonstrate an elementary back stroke and back crawl stroke?
- Can your child safely jump off a one meter diving board into deep water and swim back to the wall with NO assistance?

If you answered '**NO**' to any of the above, your child is a **Skipper 2**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Skipper 3

Equivalent to: Foss Middle 3, YMCA Guppy/Minnow and Red Cross Level 3

- Can your child swim using a front crawl stroke while rhythmically breathing for 25 yards?
- Can your child swim using a back stroke 25 yards?
- Can your child swim underwater for 5 yards and retrieve objects with/without goggles?
- Can your child demonstrate sitting, kneeling and standing dives off the side off the pool?

If you answered '**NO**' to any of the above, your child is a **Skipper 3**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Skipper 4

Equivalent to: Foss Middle 4, YMCA Minnow and Red Cross Level 3/4

- Can your child swim using a front crawl stroke while rhythmically breathing and in a back stroke without stopping for 25 yards?
- Can your child demonstrate a breaststroke kick and dolphin body roll?
- Can your child dive seven feet underwater and retrieve objects with and without goggles?
- Can your child demonstrate standing dives off the diving board?

If you answered '**NO**' to any of the above, your child is a **Skipper 4**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Skipper 5

Equivalent to: Foss Middle 5, YMCA Minnow/Fish and Red Cross Level 4

- Can your child swim in a front crawl stroke with rhythmic breathing and back stroke without stopping for 50 yards?
- Can your child demonstrate breaststroke and butterfly strokes?
- Can your child demonstrate standing dives off the diving board?
- Can your child demonstrate proper flip turns, open turns and starts of diving blocks?
- Can your child tread water for 5 minutes

If you answered '**NO**' to any of the above, your child is a **Skipper 5**. If you answered '**YES**' to all of the above, please contact our Learn-to-Swim Coordinator at 952-401-5225 or ben.bartell@minnetonka.k12.mn.us for appropriate group placement.

Admiral Level - Ages 7 to 13 years

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 (front crawl, 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

Equivalent to: Foss Big 1, YMCA Polliwog and Red Cross Levels 1-3

- Is your child able to do a four second, face-submerged streamline (controlled glide) after pushing off from a wall with NO assistance?
- Can your child safely jump off a one meter diving board into deep water and swim back to the wall with NO assistance?
- Can your child tread water for one minute with their head completely out of the water?
- Can your child demonstrate rhythmic breathing?
- Can your child back float for two minute with no movement?

If you answered '**NO**' to any of the above, your child is an **Admiral 1**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Admiral 2

Equivalent to: Foss Big 2, YMCA Fish and Red Cross Level 4/5

- Can your child swim all four competitive strokes (front crawl, backstroke, breaststroke and butterfly) without stopping for 50 yards?
- Can your child demonstrate proper arm placement for the breaststroke and butterfly strokes?
- Can your child demonstrate standing dives off the diving board?
- Can your child demonstrate proper flip turns, open turns and starts off of the diving blocks?
- Can you child tread water for five minutes?

If you answered '**NO**' to any of the above, your child is an **Admiral 2**. If you answered '**YES**' to all of the above, please move to the next section of questions.

Admiral 3

Equivalent to: Foss Big 3, YMCA Flying Fish and Red Cross Level 5/6

- Can your child swim all four competitive strokes (front crawl, backstroke, breaststroke and butterfly) without stopping for 100 yards?
- Can your child demonstrate proper and efficient body position and movement for all four strokes?
- Can your child demonstrate proper flip turns, open turns and starts off diving blocks?
- Does your swimmer understand how to use a pace clock and swim set-drills?
- Can your child tread water for five minutes?

If you answered '**NO**' to any of the above, your child is an **Admiral 3**.

If you answered '**YES**' to all of the above, we encourage you to think about joining the [Minnetonka Swim Club](#) and invite you to learn more about the fun world of competitive swimming! Visit our [Web site](#) or contact Dan Berve at daniel.berve@minnetonka.k12.mn.us.