

SWIM LEVEL DESCRIPTIONS

WATER BABIES (2-6 MONTHS)

Max. Ratio: 10:1

A pre-swimming class with new parents in mind! This FREE class was developed to acclimate your child to an aquatic environment while providing activity and bonding time between new parents and their infant. Create special memories with your child while enjoying a warm, welcoming and comfortable swim environment.

GUPPIES (6-18 MONTHS)

Max. Ratio: 7:1

A swimming class with a parent/caregiver in the water with their child enjoying games and structured activities designed to help children adjust to the water. Skills include: water orientation, reach for toys, put face in water, and assisted back floating.

JELLY FISH (18-36 MONTHS)

Max. Ratio: 7:1

For children who are eager to participate with a parent/caregiver in the water with them enjoying games, songs, and structured activities. Skills include water orientation, submersion, kicks and scoops, back float with minimal assistance, blow bubbles, and retrieve rings.

STAR FISH (3+ YEARS)

Max. Ratio: 4:1

For beginning swimmers who are ready to work without a parent/caregiver in the water with them. Students will learn water safety and orientation, front & back floats, roll on cheese mat, kicks with barbell, dog paddle, standing dive, and swim independently (5 feet).

beg – beginner; *adv* - advanced

SEA HORSES (4+ YEARS)

Max. Ratio: 4:1

For children who can move independently in the water. Skills include: nose bubbles, roll front float to back float, independent front/back kicks, front/back glide, freestyle catch-up drill, freestyle breathing, breaststroke arms, and sitting dive.

beg – beginner; *adv* - advanced

STING RAYS (5+ YEARS)

Max. Ratio: 4:1

New skills include: freestyle (length of pool), back crawl, breaststroke arms & breathing, breaststroke legs, treading water, and kneeling dive.

MARLINS (6+ YEARS)

Max. Ratio: 5:1

New skills include: breaststroke (length of pool), somersault, front/back propulsion, scissor kick, sidestroke arms, and dolphin kick.

DOLPHINS (7+ YEARS)

Max. Ratio: 7:1

Our Pre-Team level! New skills include: freestyle (25m), Open Turn, Backstroke (25 m), Breaststroke (25 m), Dolphin Kicks (25 m), Dolphin Rolls, & Back Turn/Freestyle Turn. These classes are longer and emphasize endurance as well as introduce new land exercises.

ORCAS (8+ YEARS, PRE-TEAM)

Ratio: 8:1

This invitation-only recreational pre-team level works on all the skills sets including: front crawl, backstroke, breaststroke, butterfly, sidestroke, and flip turns..

SHARKS (\$ 240) (TEENS & ADULTS)

Ratio: 1:1

This class is tailored to meet individual swimming goals. Instructors work one-on-one with students to establish skills ranging from swimming basics (learn-to-swim) to stroke refinement. Please contact our front desk about availability: (952) 224-4068.

ASA SWIM EVENTS

FAMILY OPEN SWIM (ALL AGES):

Cost: Members: \$8 | Non-Members: \$10 | \$35 Max per Family

Saturdays: 6:30-8:30pm: 5/6, 6/10, 7/1

SCUBA'S POOL PARTY! (AGES 4-13): *No parents allowed!* 😊

Join us the 1st Friday of the month for pizza dinner & 3 hours of supervised pool FUN!

PARENTS' NIGHT OUT (AGES 3-13): *Feeling Frazzled? Let us help!*

4 hours of gym & swim FUN one Saturday every month! Drop-off at EGA; Pick-up at ASA.

LITTLE DIPPERS OPEN SWIM (BABIES ONLY.): *Bonding & Aquatic Discovery!!*

Join us the last Friday of the month for 1 hour of open swim with your little one!

SPECIAL SWIM OPTIONS:

PRIVATE (1-1) LESSONS

Private: \$50/member; \$60/non-member

SEMI-PRIVATE (2-1) LESSONS

Semi-private: \$30/member; \$40/non-member

BIRTHDAY PARTIES (AGES 2+)

Join us for 2 hours of instructor led FUN! The only thing you need to bring is the food and cake! Includes party favors and up to 12 guests!

CALL TODAY: (952) 224-4068