



SWIM DAKOTAH!

Member Registration Opens
August 28, 2023

Guest Registration Opens
August 30, 2023

REGISTRATION DEADLINE:
One week before lessons start.

FOR INFORMATION OR FREE LESSON ASSESSMENTS:
Please call 952.495.6891.

Dakotah! Sport and Fitness allows members to register 48 hours earlier than nonmembers/guests of Dakotah! Sport and Fitness. Children of Dakotah! Sport and Fitness members must be listed on the membership account in order to register early and to receive the reduced rate.

FALL 2023

Welcome to the Swim Dakotah! program. Our swim program is intended to build confidence and safety in the water. Each level builds upon the natural progression of swimming, which helps the participant develop efficient, technically based skills while having fun in the water. These skills can be used for either recreational swimming or lifelong fitness.

Swim Dakotah! instructors have been trained both in and out of the pool, and continue to improve on their skills to keep our swim program consistent. Smaller class sizes allow more one-on-one instructor time, as well as more time to practice skill development.

LEVEL 1: BUBBLES

Ages 3-12 • 30-minute class

Ratio 3:1

\$75/Member • \$112/Nonmember

A good starting point to become comfortable and safe in the water. Your child will learn water adaptation, work toward putting their face in the water, and build up to assisted floats.

Skills Taught: Water adaptation, submerge face with no goggles, submerge face with goggles, breathing control, and assisted front and back float.

Skills to be Tested: Bubbles, face in water five seconds (no goggles), assisted front float 20 seconds, and assisted back float 20 seconds.

September 19-November 14 (Tuesdays)

Opt. 1: 11-11:30am

Opt. 2: 4-4:30pm

Opt. 3: 5-5:30pm

September 21-November 16 (Thursdays)

Opt. 4: 4-4:30pm

Opt. 5: 5-5:30pm

September 22-November 17 (Fridays)

Opt. 6: 11-11:30am

September 23-November 18 (Saturdays)

Opt. 7: 9-9:30am

Opt. 8: 10-10:30am

LEVEL 2: FLOATS

Ages 3-12 • 30-minute class

Ratio 3:1

\$75/Member • \$112/Nonmember

Learn to float and move in the water with the assistance of equipment. Building up to swimming independently, kids will transition from a front float to a back float to be able to breathe.

Skills Taught: Front float unassisted, back float unassisted, scoops on front assisted, intro to controlled flips, introduce flutter kick, and retrieve ring.

Skills to be Tested: Front float unassisted 5 seconds, back float unassisted 20 seconds, controlled front and back flip three times, and scoops face in 10 feet unassisted.

September 19-November 14 (Tuesdays)

Opt. 1: 11-11:30am

Opt. 2: 4:30-5pm

Opt. 3: 5-5:30pm

September 21-November 16 (Thursdays)

Opt. 4: 4:30-5pm

Opt. 5: 5-5:30pm

Opt. 6: 5:30-6pm

September 22-November 17 (Fridays)

Opt. 7: 11-11:30am

September 23-November 18 (Saturdays)

Opt. 8: 9:30-10am

Opt. 9: 10:30-11am

LEVEL 3: KICKING

Ages 3-12 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

The primary focus in this level is kicking. Your child will learn the flutter, dolphin, and breaststroke kicks.

Skills Taught: Flutter kick, flip breath, dolphin kick, and elementary backstroke kick.

Skills to be Tested: Elementary backstroke kick 20 feet, dolphin kick 20 feet, flutter kick on front and back 20 feet each, and controlled flip breath.

September 19-November 14 (Tuesdays)

Opt. 1: 11:30am-Noon

Opt. 2: 4-4:30pm

Opt. 3: 4:30-5pm

Opt. 4: 6-6:30pm

September 21-November 16 (Thursdays)

Opt. 5: 4-4:30pm

Opt. 6: 4:30-5pm

Opt. 7: 6-6:30pm

Opt. 8: 7-7:30pm

September 22-November 17 (Fridays)

Opt. 9: 10:30-11am

Opt. 10: 11:30am-Noon

September 23-November 18 (Saturdays)

Opt. 11: 10-10:30am

Opt. 12: Noon-12:30pm

LEVEL 4: ARMS

Ages 3-17 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Learn freestyle, backstroke, and elementary backstroke.

Skills Taught: Backstroke arms with kick, elementary backstroke, butterfly kick, freestyle with kick, and flip breaths.

Skills to be Tested: Freestyle with three flip breaths 20 feet, backstroke 20 feet, elementary backstroke 20 feet, dolphin kick, and flutter kick front and back with streamline 20 feet.

September 19-November 14 (Tuesdays)

Opt. 1: 11:30am–Noon
Opt. 2: 4:30–5pm
Opt. 3: 5:30–6pm

September 21-November 16 (Thursdays)

Opt. 4: 4:30–5pm
Opt. 5: 5:30–6pm
Opt. 6: 6–6:30pm

September 22-November 17 (Fridays)

Opt. 7: 11:30am–Noon

September 23-November 18 (Saturdays)

Opt. 8: 10:30–11am
Opt. 9: 12:30–1pm

LEVEL 5: FREESTYLE & BACKSTROKE

Ages 3-17 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Your child will master freestyle and backstroke with proper breathing, rotation, and technique. Work continues with introduction to specialty strokes, such as butterfly and breaststroke.

Skills Taught: Freestyle with side breath, backstroke with rotation, elementary backstroke, and breaststroke kick.

Skills to be Tested: Freestyle with four side breaths 25 yards, elementary backstroke 25 yards, backstroke with proper shoulder rotation 25 yards, and breaststroke kick 15 yards.

September 19-November 14 (Tuesdays)

Opt. 1: Noon–12:30pm
Opt. 2: 4–4:30pm
Opt. 3: 5:30–6pm
Opt. 4: 6–6:30pm

September 21-November 16 (Thursdays)

Opt. 5: 4–4:30pm
Opt. 6: 5:30–6pm
Opt. 7: 6:30–7pm

September 22-November 17 (Fridays)

Opt. 8: Noon–12:30pm

September 23-November 18 (Saturdays)

Opt. 9: 11–11:30am

LEVEL 6: BUTTERFLY & BREASTSTROKE

Ages 6-17 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Your child will master butterfly and breaststroke while building endurance.

Skills Taught: Butterfly correct timing and breaststroke correct timing.

Skills to be Tested: Butterfly with correct timing for 15 yards, breaststroke with correct timing for 15 yards, 50 yards freestyle, and backstroke with correct rotation.

September 19-November 14 (Tuesdays)

Opt. 1: Noon–12:30pm
Opt. 2: 5:30–6pm

September 21-November 16 (Thursdays)

Opt. 3: 5:30–6pm

September 22-November 17 (Fridays)

Opt. 4: Noon–12:30pm

September 23-November 18 (Saturdays)

Opt. 5: 11–11:30am

LEVEL 7: STROKE REFINEMENT & TURNS

Ages 6-17 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Level 7 is about stroke refinement and the mastery of proper turns.

Skills Taught: Flip turns and stroke transitions, butterfly and breaststroke proper breathing and timing, and freestyle and backstroke refinement.

Skills to be Tested: Flip turns and stroke transitions, butterfly and breaststroke for 25 yards, and freestyle and backstroke for 100 yards.

September 19-November 14 (Tuesdays)

Opt. 1: 12:30–1pm
Opt. 2: 6–6:30pm

September 21-November 16 (Thursdays)

Opt. 3: 6–6:30pm

September 22-November 17 (Fridays)

Opt. 4: 12:30–1pm

September 23-November 18 (Saturdays)

Opt. 5: 11:30–Noon

LEVEL 8: ENDURANCE

Ages 6-17 • 60-minute class

Ratio 6:1

\$87/Member • \$125/Nonmember

By this level, your child will have all the tools to be safe in the water or the beginnings of a competitive swimming career.

Skills Taught: 100-yard IM with correct turns, 200-yard freestyle with flip turns, 100-yard backstroke with turns, treading water, and technical work with speed for freestyle, backstroke, butterfly, and breaststroke.

Skills to be Tested: 100-yard IM with correct transitions, 200-yard freestyle with flip turns, 100-yard backstroke with turns, and treading water for three minutes.

September 19-November 14 (Tuesdays)

Opt. 1: 6:30–7:30pm

September 21-November 16 (Thursdays)

Opt. 2: 6:30–7:30pm

LEVEL 9: JR. SWIM TEAM

Ages 6-17 • 60-minute class

Ratio 6:1

\$87/Member • \$125/Nonmember

Skills Taught: Endurance and stroke drills, correct standing dive, 200-yard IM with turns, and swim nonstop for 10 minutes with flip turns.

Skills to be Tested: 200-yard IM with proper turns, standing dive, and 10-minute swim with turns nonstop.

September 19-November 14 (Tuesdays)

Opt. 1: 6:30–7:30pm

September 21-November 16 (Thursdays)

Opt. 2: 6:30–7:30pm

LEVEL 10: SWIM TEAM

Ages 8-17 • 60-minute class

Ratio 8:1

\$140/Member • \$190/Nonmember

For kids who have passed Level 9 or can pass Level 9 requirements. One-hour swim practice working on endurance and technical refinement of all strokes.

Skills to be Tested: Continue to build endurance while focusing on correct technique of all strokes.

Meets all three days.

September 19-November 18

Tuesdays: 6:30–7:30pm

Thursdays: 6:30–7:30pm

Saturdays: Noon–1pm

PARENT-TOT

Ages 6-36 months • 30-minute class

Ratio 6:1

\$75/Member • \$112 Nonmember

Swim instruction with parent and child.

Skills Taught: Water adaptation, submerge face without goggles, blow bubbles, assisted front and back floats, humpty dumpty from side, zooms under water, and scoops and kicks with barbell.

Necessary to Advance:

Age: 18 months; child must be 3 years old to begin Level 1.

September 19-November 14 (Tuesdays)

Opt. 1: 10:30-11am

Opt. 2: 5–5:30pm

September 21-November 16 (Thursdays)

Opt. 3: 5–5:30pm

September 22-November 17 (Fridays)

Opt. 4: 1:30–2pm

September 23-November 18 (Saturdays)

Opt. 5: 11:30–Noon

ADULT

Ages 18+ • 30-minute class

Ratio 2:1

\$90/Member • \$120/Nonmember

Adult swim instruction.

Skills Taught: Become familiar with the water while learning beginner swimming skills and water safety. We will work with you at your pace to guide you to swimming independence.

September 19-November 14 (Tuesdays)

Opt. 1: 12:30–1pm

September 21-November 16 (Thursdays)

Opt. 2: 6–6:30pm

September 22-November 17 (Fridays)

Opt. 3: 12:30–1pm

SWIMMING FOR FITNESS

60-minute class

Ratio 4:1

\$90/Member • \$120/Nonmember

This 8-week class is for the individual who is comfortable in the water and is looking to improve their stroke, endurance, and technical proficiencies in the pool.

Skills Taught: Technique, endurance, speed, learn to self-correct stroke technique, writing their own aquatic workouts, dryland exercises that translate to the pool, and equipment workouts (e.g., buoys, hand paddles, flippers, kickboards).

Class meets once per week. All aquatic workout equipment is provided. Participants must provide their own goggles (not required, but recommended). All participants will receive a free swim cap.

September 19-November 14 (Tuesdays)

Opt. 1: 6:30–7:30pm

September 21-November 16 (Thursdays)

Opt. 2: 6:30–7:30pm

LIFEGUARD TRAINING CERTIFICATION

Ages 15+

\$200/Member • \$225/Nonmember

Instructor: Ismael Delgadillo

Interested in a great part-time job or challenging career as a professional lifeguard? Through videos, group discussion, and hands-on practice, you'll learn teamwork, rescue and surveillance skills, first aid and CPR/AED, and other skills you need to work as a professional lifeguard. Provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies, and to provide care for breathing and cardiac emergencies, injuries, and sudden illness until EMS personnel take over.

Prerequisites: Minimum age of 15 years old. Swim 300 yards continuously. Tread water for two minutes using only legs. Complete a timed event within one minute, 40 seconds. Swim 20 yards in the water. Surface dive to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point. Exit the water without using a ladder or steps.

All course materials and water time are included in the fee.

Blended learning online content must be completed before the first in-person session.

**Online Learning
October 9-17**

**In-Person Learning
October 19-21 Thurs.-Sat.**

10am–2pm, Thursday

11am–4pm, Friday

8am–7pm, Saturday