



SWIM DAKOTAH!

Member Registration Opens
November 6, 2023

Guest Registration Opens
November 8, 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 2, 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

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 4:30–5pm

Opt. 2: 5:30–6pm

Opt. 3: 6–6:30pm

LEVEL 2: FLOATS

Ages 3-12 • 30-minute class

Ratio 3:1

\$75/Member • \$112/Nonmember

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 4:30–5pm

Opt. 2: 5:30–6pm

Opt. 3: 6–6:30pm

Opt. 4: 6:30–7pm

LEVEL 3: KICKING

Ages 3-12 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 4–4:30pm

Opt. 2: 4:30–5pm

Opt. 3: 6–6:30pm

Opt. 4: 6:30–7pm

LEVEL 4: ARMS

Ages 3-17 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 4–4:30pm

Opt. 2: 5:30–6pm

Opt. 3: 6:30–7pm

Opt. 4: 7–7:30pm

LEVEL 5: FREESTYLE & BACKSTROKE

Ages 3-17 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 5-5:30pm

Opt. 2: 5:30-6pm

Opt. 3: 6:30-7pm

Opt. 4: 7-7:30pm

LEVEL 6: BUTTERFLY & BREASTSTROKE

Ages 6-17 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 5-5:30pm

Opt. 2: 7-7:30pm

LEVEL 7: STROKE

REFINEMENT & TURNS

Ages 6-17 • 30-minute class

Ratio 4:1

\$75/Member • \$112/Nonmember

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 7-7:30pm

PARENT-TOT

Ages 6-36 months • 30-minute class

Ratio 6:1

\$75/Member • \$112 Nonmember

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 5-5:30pm

ADULT

Ages 18+ • 30-minute class

Ratio 2:1

\$90/Member • \$120/Nonmember

Classes meet twice per week.

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.

**November 28-December 21
(Tuesdays and Thursdays)**

Opt. 1: 6-6:30pm

Dakotah!
SPORT AND FITNESS

Commit TO FIT



November 13-30

\$29 Initiation Fee

29 YEARS STRONG
29 YEARS STRONG

MEMBERSHIP DESK HOURS

Monday-Friday
10AM - 6PM

**Saturday- Sunday
and Thanksgiving**
CLOSED

DAKOTAH! SPORT AND FITNESS

2023 TURKEY TROT 5K

And Kids ½ Mile Fun Run

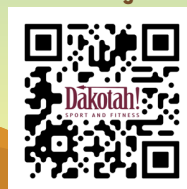
NOV.
18

Saturday
November 18

8am 5K Run
\$30 \$35 After Oct. 31
\$40 Same-day

**8:45am Kids
½ Mile Fun Run**
\$18 \$25 after Oct. 31
\$30 Same-day

Scan to Register!



Dakotah!
SPORT AND FITNESS

DAKOTAHTURKEYTROT.COM
952.445.9400 | Prior Lake, MN 55372



Run the rolling hills of The Meadows
at Mystic Lake Golf Course!