



Take the plunge



Learn to swim at Madonna ProActive.



Why take swim lessons?

Swimming is a fun form of exercise for children of all ages. But did you know that it also has many healthy life-long benefits? Swimming can enhance the cardiovascular system, posture, muscle strength, flexibility and endurance. Madonna ProActive offers water introduction, water safety and swim lessons. Classes are held once a week and last eight weeks. Private or semi-private lessons are also available.



Class descriptions

Water Babies (6 months-2 years)

This class is designed as an introduction to water and focuses on teaching parents to correctly work with their youngsters through water exploration. We will safely develop a comfort zone in the water by learning proper infant handling to aid in floating techniques and rudimentary stroke.



Shrimp (Level I)

This beginning-level class helps children adjust to water so they feel comfortable. Children will work on kicking, paddling and floating with assistance.



Seahorse (Level II)

Created to bridge the gap between water introduction and basic front crawl stroke. It focuses on independence in the water including floats, glides and treading water. Perfect for kids who are not frightened, but do not have the confidence or strength to swim independently yet.



Starfish (Level III)

Students will continue work on basic front and back crawl movements. They will be challenged with combining various skills taught in lower levels. We will also expand on their water safety knowledge and skills.



Private, Semi-private & Adult Lessons
See the front desk if you wish to participate in private or semi-private lessons.

Jellyfish (Level IV)

This class aims to increase coordination and the distance at which students can move on their own. While the focus is on refining simple front and back crawl movements, we introduce rhythmic breathing and new kick techniques. Students will also develop the ability to tread water.



Stingray (Level V)

At this level, focus is put on technique to increase coordination, breathing skills and different kick performances. Our goal is to increase muscle strength and endurance allowing students to swim a full length of the pool by efficiently using all stroke styles.

Dolphin (Level VI)

Students enrolled in this class should already be able to effectively swim a full length of the pool using front and back strokes. We continue to refine breathing and "S pull" techniques. Students learn open turns to aid in continuous swimming and transitioning from one stroke to another.

Piranha (Level VII)

This class increases the distance at which the student can swim with ease. One of the biggest milestones of this class is continuously swimming for five minutes. We will also develop breaststroke and sidestroke and begin working on flip turns.

Tigershark (Level VIII)

This class is designed as a precursor to the swim team atmosphere. Students are expected to come to class ready to work hard. At this level dolphin kick is introduced and the endurance swim is increased to ten minutes of continuous swimming.

How do I register?

*Registrations must be completed in person at the front desk. Forms are available online and at the front desk.

Pricing

Members: \$40

Non-members: \$64

7111 Stephanie Lane
(55th & Pine Lake Road)
Lincoln, NE 68516
402.420.0000
www.madonnaproactive.org

