

The Minneapolis Park and Recreation Board (MPRB) Jr. Swim Club will offer 7 training pods for youth to experience a swim team, learning stroke technique, foundations of water safety and discipline, while gaining strength and endurance. Pods practice twice a week: Monday and Wednesday OR Tuesday and Thursday. Participants must be able to jump from side of pool, submerge, orientate, progress on front through the water, and stand in 3.5 ft. of water unassisted.

In accordance with USA Swimming COVID-19 guidelines and precautions, participants will need to wear a mask to enter the facility and when not in the water, practice social distancing, and follow lane assignments of 4 swimmers per lane.

Arrival and departure: Participants will arrive at practice 15 minutes before start time; enter facility, ready to start practice on time. At the end of practice, participants will have a 15-minute transition window to exit the facility.

COVID- 19 facility procedures include pod transitions, sanitation before and after each user pod, dedicated locker room time, and prior to each practice participants will review and adhere to the MDH visitor guidelines found here: [MDH visitor health screening](#)

Scholarships are available to Minneapolis residents who qualify. Please call (612) 230-6495 or email aquatics@minneapolisparcs.org

Monday and Wednesday Training Pods

Sunnies ages 7+8:

https://apm.activecommunities.com/minneapolisparcs/Activity_Search/114599

Perch ages 9+10:

https://apm.activecommunities.com/minneapolisparcs/Activity_Search/114603

Walleyes ages 11+12:

https://apm.activecommunities.com/minneapolisparcs/Activity_Search/114601

Tuesday and Thursday Training Pods

Sunnies ages 7+8:

https://apm.activecommunities.com/minneapolisparcs/Activity_Search/114602

Bass ages 8- 11:

https://apm.activecommunities.com/minneapolisparcs/Activity_Search/114600

Crappies ages 9- 12:

https://apm.activecommunities.com/minneapolisparcs/Activity_Search/114624

Muskies ages 11- 17:

https://apm.activecommunities.com/minneapolisparcs/Activity_Search/114623

If you have any questions, please call (612) 230-6495 or email us at aquatics@minneapolisparcs.org

Thank you, Aquatics

