

SWIMMING LESSON INFORMATION SHEET

January 2010

The Carson Valley Swim Center offers swimming lessons year round. In order to help you determine which class is right for you or your child, we have prepared this class description. Our classes have a good student to instructor ratio. Classes will be taught in four different pools depending on skill level, pool availability and demand. Generally, we hope to have tots, pre-beginners and beginners in the slide pool and all others in the main indoor pool, or outdoor teaching pool. **It is strongly suggested that students wear swim goggles during lessons.**

Additionally, the gender of our instructors cannot be guaranteed.

PARENTS/SPECTATORS

Experience has shown that children learn faster when their parents are not present. If you want to observe classes you may do so from the benches, tables, north patio or mezzanine. Please stay seated and do not interrupt the class. Please learn the name of your child's swim instructor and where the class is taught so if you arrive late we can quickly get your child to class.

SWIMMING AFTER CLASS: If your child swims more than 25 minutes before or after class, please pay our normal admission fee for them.

There will be no refunds on Learn to Swim Classes

CLASSES

\$35/session or \$43/session non-resident fee

Sessions are usually Monday thru Friday for 2 weeks – 25 min/day

*** First day. . All enrolled swimmers will be tested for skill level and assigned to the most appropriate class. We cannot guarantee what instructor they will have.**

SEMI-PRIVATE LESSONS: The class size is limited to 3 (three) and the cost is \$45.00/ session - \$53/session for non - residents.

PRIVATE LESSONS: When instructors and water space are available private lessons can be arranged. The cost for one child is \$20 per 25 min. lesson or 4 lessons for \$60.

Note: No credit or refund can be given if you fail to show up for an arranged class unless you cancel at least 4 hours in advance.

PARENT & TOTS: For children nine (9) months to three (3) years of age. The instructor helps the parent work with their child in the water. This is primarily a water adjustment class, be sure to make it fun . . .

DROP IN LESSONS: These classes are for tots, pre-beginners, and beginners. Classes are held on Tuesday and Thursday afternoons, and Saturday mornings year round with morning classes and Wednesday morning & afternoon classes offered as well during the summer.

Reservations are taken after 9:00 am on the Monday of each week. Those making reservations MUST PAY whether they attend or not, unless they cancel at least one hour in advance. Failure to do so will forfeit their right to make future reservations.

Tots - Three to four year olds, who can work in a group structure. Children over 4 with no previous experience may also be in this class. Class size 5 or less and will be taught in the slide pool. Please note that many 3 year olds are not ready for group lessons.
Children who are 3 years old must take a drop in class prior to registering for a regular session. If in doubt please wait until they are 4.

Pre-beginners - For those more comfortable and experienced in the water but too young or not ready for beginners. To pass into beginners, the student should be able to do 10 correct 'bobs', 'prone float' for 10 seconds, and swim on their front and back using arms and legs for a distance of 5 yards. Class size 6 or less. Taught in the slide pool (85 - 86 deg.) or out door teaching pool. **Note: Must be 4 years of age or older. No exceptions.**

Beginners - Works at learning to swim 25 yards on both the front and back along with the associated skills. Normally for children 5 or older. This class will **be taught in the most appropriate water available including deep water.** Class size 7 or less.

Advanced Beginners - This class works on learning to swim 50 yards of freestyle (front crawl) and 25 yards of back stroke with reasonably good form. Other strokes are introduced along with associated skills. Class size 12 or less.

Intermediate - Learns to swim freestyle 100 yards, back crawl 50 yards, and 25 yards of breast, side, and elementary back strokes (all with good form). Work on beginning diving techniques and introduction to the butterfly stroke. Should be able to swim 200 yards in 5 minutes or less to pass. Class size 12 or less. NOTE: This class is 45 minutes/day. The last 15 minutes is assigned endurance work.

Swimmer - Work on perfecting all strokes. Swim 200 yards of freestyle, and 100 yards of back crawl, breast, side stroke, and elementary backstroke. Swim 25 yards of butterfly. Learn flip turns and beginning diving. Should be able to swim 400 yards in 10 minutes or less to pass. Class size limited to 12. NOTE: This class is 45 minutes/day. The last 15 minutes is assigned endurance work.

ADULT CLASSES: Geared to basic swimming skills for adults, but also helpful for the more accomplished swimmer. Classes are Saturdays 9-10 am, and Wednesdays 6:30 - 7:30 pm - Cost is \$5/class.

MASTER SWIM TEAM: For adults seeking to improve their strokes, increase their endurance and have fun in an enjoyable setting.

SWIM LESSON SAFETY DAY: Join your child in the water for safety day every 2nd Wednesday of each session. Learn elementary water safety techniques for the first 15 minutes of the class time. You are also welcome to stay and participate in the swim lesson portion of the class.