

If you would like to sign up for lessons please:

Visit our website at cvswim.com,
Call (775)-782-8840
Or come in 1600 Hwy 88
Minden, NV 89423

Group Lesson Fast Facts:

- Kids will have a total of 8 lessons, four lessons a week for 2 weeks (mini sessions will be 1 week and 4 lessons)
- Levels/Classes are primarily dictated by skill level, not age. However, age is still a factor for each level category
- Level Categories:
 - Parent/Child: Children ages 6mo to 3yrs
 - Skippers: Children ages 3 to 6yrs
 - Swimmers: Children ages 5 to 12yrs
- Minimum number of participants per class is 3, classes will not run if we do not meet our minimum
- Maximum number of participants changes for each individual level
- Water safety skills are reviewed for 5-10 minutes each lesson.

*PLEASE NOTE:
There will be no refunds, unless approved by Management, on Learn to Swim Classes. With a minimum of 7 days' notice one may transfer to another session if space is available.*

Summer Swim Lessons

Lesson Session's Listed Below:

Session 1: June 18th to June 28th
Registration Deadline: Saturday, June 17th
Session 2: July 9th-July 19th
Registration Deadline: Saturday, June 9th
Session 3: July 23rd to August 2nd
Registration Deadline: Saturday, July 23rd

1 week mini sessions

Mini 1 Session: June 11th-14th
Registration Deadline: Saturday, June 10th
Mini 2 Session: August 6th-9th
Registration Deadline: Saturday, August 5th

*PARENT/CHILD— Sessions 1-3 at 5:30pm
and Mini session 1 and 2 at 5:30pm*

AM Skippers	AM Swimmers	PM Classes
9:30 AM Skippers 1 Skippers 2	9:00 AM Swimmers 1 Swimmers 2	4:00 PM Skippers 1 Skippers 2 Skippers 3
10:15 AM Skippers 2 Skippers 3	10:00 AM Swimmers 2 Swimmers 3 Swimmers 5	4:45 PM Swimmers 1 Swimmers 2 Swimmers 3/4
11:00 AM Skippers 1 Skippers 2/3	11:00 AM Swimmers 1 Swimmers 3/4	5:45 PM Skippers 1 Skippers 2/3 Swimmers 5



Summer Swim Lessons



YOUR LOVE FOR SWIMMING STARTS HERE

LESSON PROGRAMS

Group Session Lessons:

We offer either; 2 week, 8 lesson sessions, or 1 week, 4 session lessons. Sessions are available for all levels and ages 6 months to 12 years (13 and up please call). Lessons are held Monday through Thursday. Fees for 2 week sessions are \$55 for Residents and \$65 for Non-Residents. 1 week mini sessions are \$30 for Residents, and \$35 for Non-Residents. Please see the Session Lessons flyer on our website cvswim.com.

Drop-Ins

Classes can be reserved starting at 9:00am Monday the week of classes. Classes are \$7 per lesson, and limited spots are available.

Tuesday and Thursday's 30 min classes

- 11:00 am Parent/Child ages 6 mo-4yrs
- 4:00 pm Skippers 1-3 ages 3-6yrs
- 4:30 pm Swimmers 1-2 ages 5-12yrs
- 5:00 pm Swimmer 3-4 ages 5-12yrs

Saturday 30 min classes

- 9:30 am Skippers 1-3 ages 3-6yrs
- 10:00 am Swimmer 1-2 ages 5-12yrs
- 10:00 am Adult ages 13-up
- 10:30 am Swimmer 3-4 ages 5-12yrs
- 10:30 am Parent Child 6 mo-4yrs

Adult Learn to Swim (ALTS)

Small group lessons with a Certified US Masters Instructor. Work on progressions of skills to improve your swimming ability. Fees are \$55 for Residents and \$65 for Non-Residents. Please see Adult Learn to swim flyer on website at cvswim.com.

Private Lessons:

We offer private swim lessons. Price for single child one lesson is \$28 or four lessons for \$84, also two children single lesson for \$42 or four lessons for \$126. Please ask our cashiers for more information.

Swim Lesson Levels

Parent/Child, 6 Months – 4 Years (30 Minute Lessons)

Parent/Child Level is a program for parents and children 6 months – 4 years

Objective: Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Skippers, Age, 3-6 Years (30 Minute Lessons)

Skippers 1

Prerequisites: Age 3 and comfortable in the pool without a parent.

Objective: Focus on water adjustment, safety and basic swimming skills.

Skippers 2

Prerequisites: Age 3 and have passed Skippers 1 or that your child is able to float on their back with little to no assistance and is comfortable with submerging their whole head under the water.

Objective: Develop fundamental skills.

Skippers 3

Prerequisites: Age 3 and have passed Skippers 2 or your child should be able to float independently and be able to swim at least three body lengths with little assistance. They should also be comfortable jumping into a shallow pool with supervision.

Objective: To begin stroke development.

Swimmers, 5- 13 Years (45 Minute Lessons)

Level 1- Introduction to Water Skills

Prerequisites: Age 5

Objective: Help students feel comfortable in the water and to enjoy to the water safely.

Level 2- Fundamental Aquatic Skills

Prerequisites: Passed Swimmers 1, or your child should be able to make forward progression in the water independently for at least five body lengths. They should also be able to float independently on their backs and know the basic concept of treading water.

Objective: Give students success through fundamental swimming skills. Students learn to float without support and to recover to a vertical position.

Level 3- Stroke Development

Prerequisites: Passed Level 2, or your child should be comfortable in deep water. They should know how to tread water for 30 seconds and make forward progression in the water for at least half the length of the pool.

Objective: To build on the skills in Level 2 by providing additional guided practice.

Level 4- Stroke Improvement

Prerequisites: Passed Swimmers 3, or your child should know how to hold their breath under water for at least 15 seconds and also be proficient in front crawl stroke and backstroke across the length of the pool. They should also be able to make a head first entry into deep water.

Objective: To develop confidence in the strokes learned and to improve other aquatic skills.

Level 5- Stroke Refinement

Prerequisites: Passed Swimmers 4, or your child should know how to perform the front crawl stroke, breaststroke, elementary backstroke, and backstroke for at least one length of the pool each with little to no breaks.

Objective: Coordination and refinement of strokes.