

If you would like to sign up for lessons please:

Visit our website at [cvswim.com](http://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
- 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.

Level Categories:

- Parent/Child: Children ages 6mo to 3yrs
- Skippers: Children ages 3 to 6yrs
- Swimmers: Children ages 5 to 12yrs

**PLEASE NOTE:**

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

## Winter & Spring Swim Lessons

**Lesson Sessions Listed Below:**

**2 Week Sessions:**

- Session 1: January 7<sup>th</sup> – January 17<sup>th</sup>  
Registration Deadline: Saturday, January 5<sup>th</sup>
- Session 2: January 28<sup>th</sup>- February 7<sup>th</sup>  
Registration Deadline: Saturday, January 26<sup>th</sup>
- Session 3: February 25<sup>th</sup>- March 7<sup>th</sup>  
Registration Deadline: Saturday, February 23<sup>rd</sup>
- Session 4: March 18<sup>th</sup>- 28<sup>th</sup>  
Registration Deadline: Saturday, March 16<sup>th</sup>
- Session 5: April 1- April 11<sup>th</sup>  
Registration Deadline: Saturday, March 30<sup>th</sup>
- Session 6: April 22<sup>nd</sup>- May 2<sup>nd</sup>  
Registration Deadline: Saturday, April 20<sup>th</sup>
- Session 7: May 13<sup>th</sup> – May 23<sup>rd</sup>  
Registration Deadline: Saturday, May 11<sup>th</sup>

**Mini Session:**

- Mini Session 1: May 6<sup>th</sup> – May 9<sup>th</sup>  
Registration Deadline: Saturday, May 4<sup>th</sup>

## SPRING SESSIONS Times and Swim Levels

4:30-5:00	5:15-6:00	6:15-6:45	6:15-7:00
Skippers 1	Swimmers 1	Skippers 1/2	Swimmers 4/5
Skippers 2	Swimmers 2	Parent & Child	
Skippers 3	Swimmers 3		



## WINTER & SPRING Swim Lessons

January 7<sup>th</sup> - May 23<sup>rd</sup>



**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](http://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 6mo-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 6mo-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](http://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)

#### Swimmer 1- Introduction to Water Skills

Prerequisites: Age 5

Objective: Help students feel comfortable in the water and learn to swim freestyle and backstroke for 3 body lengths.

#### Swimmer 2- Fundamental Aquatic Skills

Prerequisites: Passed Swimmers 1, or your child should be able to swim freestyle and backstroke for 3 body lengths. They should also be able to float independently on their front and backs and know the basic concept of treading water.

Objective: Give students success through fundamental swimming skills. Students learn to swim 5 body lengths of freestyle, roll to breath and swim 5 body lengths, swim 15 yards/meters of backstroke.

#### Swimmer 3- Stroke Development

Prerequisites: Passed Level 2, or your child should be comfortable in deep water and be able to swim 15 yards of freestyle and backstroke. They should know how to tread water for 15 seconds.

Objective: To swim a 25 yard/meter of freestyle and backstroke, dive, learn breaststroke kick.

#### Swimmer 4- Stroke Improvement

Prerequisites: Passed Swimmers 3, or your child should be able to swim freestyle and backstroke for 25 yards/meters and side breathing. They should also be able to make a head first entry into deep water.

Objective: To swim 50 yards/meters backstroke and freestyle, 25 breaststroke, 25 elementary back, 15 yards butterfly.

#### Swimmer 5- Stroke Refinement

Prerequisites: Passed Swimmers 4, or your child must be able to perform 50 yards/meters of freestyle, 25 breaststroke, 25 elementary backstroke, and 15 butterfly.

Objective: Coordination and refinement of all competitive strokes.