

**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
- Levels/Classes are primarily dictated by skill level, not age. However, age is still a factor for each level category
- Maximum number of participants changes for each individual level
- Water safety skills are reviewed for 5-10 minutes each lesson, unless the session includes water safety day with Douglas County Search and Rescue (DCSAR).
- Each student is allowed 30 min of free swim time before or after each lesson. This does not include family members.

**Level Categories:**

- Parent/Child: Children ages 6mo to 3yrs
- Skippers: Children ages 3 to 5yrs
- 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 day's notice, one may transfer to another session if space is available.

# Summer Swim Lessons

Lesson Sessions Listed Below:  
 2 Week Sessions:

**Session 1: PM ONLY June 3rd – June 13th**  
 Registration Deadline: Saturday, June 1st  
 Opening Date: Wednesday, May 22nd

**Session 2: June 17 – June 27**  
 Registration Deadline: Saturday, June 18th  
 Opening Date: Wednesday, June 5th  
 Water Safety Day with DCSAR Thursday June 27th

**Session 3: July 8- July 18**  
 Registration Deadline: Saturday, July 6th  
 Opening Date: Wednesday, June 26  
 Water Safety Day with DCSAR Thursday July 18th

**Session 4: July 22 – August 1**  
 Registration Deadline: Saturday, July 20th  
 Opening Date: Wednesday, July 10th  
 Water Safety Day with DCSAR Thursday August 1st

**Session 5: August 5th – August 15th**  
 Registration Deadline: Saturday, August 3rd  
 Opening Date: Wednesday, July 24th

Skippers AM	Swimmers AM
9:00am Skippers 1	8:45am Swimmers 1
9:30am Skippers 2	9:30am Swimmers 2
10:00am Skippers 3	10:15 am Swimmers 3
10:30am Skippers 1/2	

Skippers PM	Swimmers PM
4:00pm Skippers 1	4:00pm Swimmers 1
4:30pm Skippers 2	4:45pm Swimmers 2
5:00pm Skippers 3	5:30pm Swimmers 3
5:30pm Skippers 4	5:00pm Diving



# Summer Swim Lessons

YOUR LOVE FOR SWIMMING STARTS HERE



## LESSON PROGRAMS

### Group Session Lessons:

We offer 2 week, 8 lesson sessions. 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 4 week sessions are \$65 for Residents and \$78 for Non-Residents. Please see the Session Lessons flyer available on our website at cvswim.com.

### Drop-Ins

Classes can be reserved starting at 9:00am Monday the week of classes. Classes are \$9 for Residents and \$10 for Non-Residents per lesson, and limited spots are available.

#### **Tuesday's and Thursday's 30 min classes**

- 4:00 pm Skippers 1-3 ages 3-5yrs
- 4:30 pm Swimmers 1-2 ages 5-12yrs
- 5:00 pm Swimmer 3-4 ages 5-12yrs

#### **Saturday's 30 min classes**

- 9:30 am Skippers 1-3 ages 3-5yrs
- 10:00 am Swimmer 1-2 ages 5-12yrs
- 10:00 am Spring Board Diving 6 and up
- 10:30 am Swimmer 3-4 ages 5-12yrs
- 11:00 am Parent/Child 6mo-3yrs

#### **Sunday's**

- 11:00 am Parent/Child 6mo-3yrs

### 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 \$65 for Residents and \$78 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 \$34 or four lessons for \$100, also two children single lesson for \$50 or four lessons for \$150. Please ask our cashiers for more information.

## Swim Lesson Levels

### Parent/Child, 6 Months – 3 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, 3-5 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.

#### Skippers 4

Prerequisites: Age 3 and have passed Level 3, 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.

### Swimmers, 5- 12 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.

#### Spring Board Diving

Prerequisite- Swimmers 3

Learn to dive, is for first time divers learning the fundamentals of spring board diving including safety, proper diving board takeoffs, entry into water and various new skills as to the divers ability.