



Swim Lessons

Fall



**YOUR LOVE
FOR SWIMMING
STARTS HERE**

Swim Lessons

Lesson Sessions Listed Below:

4 Week Sessions:

September: September 4th – 26th

Opening date Wednesday, August 21st

Registration Deadline: Saturday, August 31st

October: October 7th – October 30th

Opening date: September 25th

Registration Deadline: Saturday, October 5th

November: November 4th – 27th

Opening date: Wednesday, October 23rd

Registration Deadline: Saturday, November 2nd

SESSION

Times and Swim Levels

PM Skippers	PM Swimmers
4:00 PM Skippers 1	4:00 PM Swimmer 1
4:30 PM Skippers 2	4:45 PM Swimmers 2
5:00 PM Skippers 3/4	5:30 PM Swimmers 3/4

**Lessons may be added to schedule if we have addition staff available*

If you would like to sign up for lessons please:

Visit our website and create an account at cvswim.com

Call (775)782-8840 ext. 4 for information and sign up online

Group Lesson Fast Facts:

- Kids will have a total of 8 lessons, two lessons a week for 4 weeks. Lesson will be Monday and Wednesday's. Classes that land on a holiday will be moved.
- Levels/Classes are primarily dictated by skill level, not age. However, age is still a factor for each level category
- Each student is allowed 30 min of free swim time in the activity pool before or after each lesson. This does not include family members.
- 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. No refunds on Drop-in lessons.

LESSON PROGRAMS

Group Session Lessons:

We offer 4 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 Wednesday. 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.

Tuesdays and Thursdays 25 min classes

- 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

Saturdays 25 min classes

- 9:30 am Skippers 1-3 ages 3-6yrs
- 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 Level 1 6mo-3yrs
- 11:30 am Parent/Child Level 2 6mo-3yrs

Adult Learn to Swim (ALTS)

Small group lessons, that 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. 24 hour cancellation policy required prior to your lesson, if less than 24 hours you will be charged for the private lesson.

Swim Lesson Levels

Parent/Child, 6 Months – 3 Years (30 Minute Lessons)

Parent/Child Level 1

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.

Parent Child Level 2

Prerequisites: Child must feel comfortable in the water and be able to submerge face in water.

Skippers, Age, 3-6 Years (25 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 (40 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.

Other lessons:

Adaptive Swim Lessons

Adaptive swim lessons with a certified Angel Fish instructor for swimmers that have trauma, autism, anxiety, sensory, motor skill delay, discomfort, or physical disabilities.

Spring Board Diving

Prerequisite- Swimmers 3, Ages 6 and up
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.