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| 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.* | **Swim Lessons**  **Lesson Sessions Listed Below:**  **4 Week Sessions:**  September: September 4th – 30th  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* | **Swim Lessons**  **Fall**  **YOUR LOVE  FOR SWIMMING STARTS HERE** |

| **Group Session Lessons:**  lESSON pROGRAMS  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 and 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 (25 min.)**  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 2 6mo-3yrs  11:30 am Parent/Child Level 1 6mo-3yrs  **Adult Learn to Swim (45 min.)**  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: (30 min.)**  We offer private swim lessons. Price for single child one lesson is $34 or four lessons for $100, also two children single lesson (siblings only) 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**  **(25 min.)**  **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 min.)**  **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.  **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**: Level 3 is 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**: of Swimmers 4 is 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.  The objective of Swimmers 5 is coordination and refinement of strokes.  **Level 6- Swimming and Skill Proficiency – Swimming for Fitness**  **Prerequisites:** Passed Swimmers 5, or your child can swim 25 yards breaststroke, elementary backstroke and sidestroke, 50 yards front and back crawls. Can do 15 yards butterfly, perform stride jump, open turns, and 2 minutes treading water.  **Objective**: of Swimmers 6 Fitness swimmer is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. | **Swimmers, 5- 12 Years**  **(40 min.)**  **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 physically 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. |  |
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