

If you would like to
sign up for lessons
please:

- Visit our website at cvswim.com
- Create an account
- Sign up online

Group Lesson Fast Facts:

- Kids will have a total of 8 lessons, four lessons a week for 2 weeks. No classes on Holidays. Lessons will be made up on a Friday.
- 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, in the activity pool. 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 2nd-12th
Registration Deadline: Saturday, May 31st
Opening Date: Wednesday, May 21st

Session 2: June 16th – June 26th
Registration Deadline: Saturday, June 14th
Opening Date: Wednesday, June 4th
Water Safety Day with DCSAR Thursday June 26th

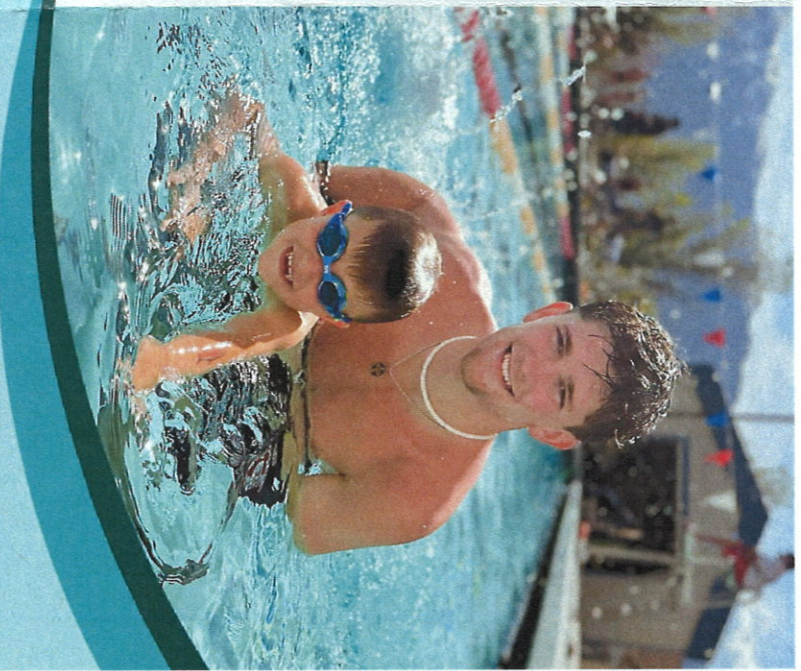
Session 3: July 7th- July 17th
Registration Deadline: Saturday, July 5th
Opening Date: Wednesday, June 25th
Water Safety Day with DCSAR Thursday July 17th

Session 4: July 21st – July 31st
Registration Deadline: Saturday, July 19th
Opening Date: Wednesday, July 9th
Water Safety Day with DCSAR Thursday July 31st

Session 5: August 4th – August 14th
Registration Deadline: Saturday, August 2nd
Opening Date: Wednesday, July 23rd

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	



Carson Valley Swim Center
Summer Swim Lessons

YOUR LOVE
FOR SWIMMING
STARTS HERE



LESSON PROGRAMS

Swim Lesson Levels

Group Session Lessons:

We offer a 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 2-week sessions are \$65 for Residents and \$78 for Non-Residents. Please see the Session Lessons flyer available on our website.at

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.

Tuesdays and Thursday's 30 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

Saturday's 30 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 cvswwim.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 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.

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 Swim Angel Fish instructor for swimmers that have trauma, autism, anxiety, sensory, motor skill delay, discomfort, or physically disabilities.

Parent/Child, 6 Months - 3 Years (25 min. 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 min. 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.