

# 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 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](http://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

## 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 Level

## 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.

## 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.





**If you would like to  
sign up for lessons  
please:**

Visit our website at [cvswim.com](http://cvswim.com)  
Create an account  
Sign up online

**Group Lesson Fast Facts:**

- Kids will have a total of 8 lessons, two lessons a week for 4 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.
- 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 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 day's notice, one may transfer to another session if space is available.

# Winter/ Spring Swim Lessons

Lesson Sessions Listed Below:

4 Week Sessions:

**Session 2: February 2nd - 25th**  
**Opening Date: January 21st**  
**Registration Deadline: January 31st**

**Session 3: March 2nd- 25th**  
**Opening Date: February 18th**  
**Registration Deadline: February 28th**

**Session 4: March 30th- April 29th**  
**Opening Date: March 18th**  
**Registration Deadline: March 28th**  
**\*no classes during spring break**



4:00-pm - 4:40pm	Swimmers Ages 5-12
4:45pm-5:10pm	Skippers Ages 3-6
5:15pm-5:55pm	Swimmers Ages 5-12

All classes will be tested and sorted by  
ability on the first class



**Carson Valley Swim Center**

## Winter Swim Lessons

YOUR LOVE  
FOR SWIMMING  
STARTS HERE

