

# Carmel Aquatic Center Swim Lessons

The Carmel Aquatic Center, located in Carmel High School, is offering FALL 2009 swimming lessons starting in September. Our goal is to make quality swimming lessons more accessible to the community.

Swimmers must be at least 3 years old and potty trained.



We are now offering swim lessons registration forms to register for FALL 2009 swim lessons. All Registrations will be completed and mailed to Aquatics Center - 1 week prior to the start of lessons. Registration forms can be found under the Aquatics Center link. Please visit [www.carmelswimclub.org](http://www.carmelswimclub.org) to download a form.

Class sizes are limited so it will be on a first-come first –served basis.

Dates:

Lesson Times:

Session 1  
September 7<sup>th</sup> – September 24<sup>th</sup>

Session 2  
September 28<sup>th</sup> – October 15<sup>th</sup>

Session 3  
October 26<sup>th</sup> – November 12<sup>th</sup>

Session 4  
November 30<sup>th</sup> – December 17<sup>th</sup>

|              | Session 1            | Session 2   | Session 3   | Session 4   |
|--------------|----------------------|---|---|---|
| Mon & Wed    |                      | 11:30am<br>12pm<br>12:30pm<br>1pm<br>4pm<br>4:30pm        | 11:30am<br>12pm<br>12:30pm<br>1pm                         | 11:30am<br>12pm<br>12:30pm<br>1pm                         |
| Tues & Thurs | 6pm<br>6:30pm<br>7pm | 11:30am<br>12pm<br>12:30pm<br>1pm<br>6pm<br>6:30pm<br>7pm | 11:30am<br>12pm<br>12:30pm<br>1pm<br>6pm<br>6:30pm<br>7pm | 11:30am<br>12pm<br>12:30pm<br>1pm<br>6pm<br>6:30pm<br>7pm |

Sessions will run two days a week (a total of 6 classes) for three weeks.

**Fee: \$60.00 per Session per child**

Cash or check only accepted

Make checks payable to **Carmel Swim Club**.

**No refunds once you have registered.**

**Please mail all registration forms to:**

Carmel Swim Club

ATTN: Swim Lesson Registration

300 E Main Street, Suite E

Carmel IN 46033

**\*\*If you prefer to register in person, there will also be registrations held on August 25<sup>th</sup> & 26<sup>th</sup> at the Aquatics Center from 5:30-7:00pm. Please bring cash or check only!\*\***

If you have any questions, please call Kinsey Wallace, Aquatics Director, at 571-4047 or email at [carmelaquaticsCAC@gmail.com](mailto:carmelaquaticsCAC@gmail.com).

***We do not take any registrations over the phone or via email.***

## Carmel Aquatics Center Swim Lessons Registration Form

Please make sure to fill out ALL fields. Your children will not be placed into a swim group without payment with registration.

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ (mother) \_\_\_\_\_ (father)

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment: Cash or Check      Check Number \_\_\_\_\_      Payment Amount \_\_\_\_\_  
 Fee: \$60 per child per Session      Make checks payable to **Carmel Swim Club**

Has your child had previous lessons before? \_\_\_\_\_ If so where at? \_\_\_\_\_

Please circle the group level for your children based on their ability. *If registering more than one swimmer please place their group levels next to their Participant's name in the box below. Swim*

Levels are found on page 3.

|           |            |            |           |          |
|-----------|------------|------------|-----------|----------|
| White Cap | Yellow Cap | Orange Cap | Green Cap | Blue Cap |
|-----------|------------|------------|-----------|----------|

\*\*Please note that we will test your child on the 1<sup>st</sup> day and based on what skills they show us on that day we will switch your child to a different level if we feel it is in the best interest for the child.

Place the Class Day that you are interested in registering followed by each child's name and all Sessions which interested. Then please indicate the 1<sup>st</sup> and 2<sup>nd</sup> choice time for those classes.

| Class Day<br>(M/W or T/Th) | Participant's Name/<br>Swim Level | Session Number (s) | Time<br>1 <sup>st</sup> choice/2 <sup>nd</sup> choice |  | Fee |
|----------------------------|-----------------------------------|--------------------|---|--|-----|
|                            |                                   |                    |   |  |     |
|                            |                                   |                    |   |  |     |
|                            |                                   |                    |   |  |     |
|                            |                                   |                    |   |  |     |

\*\*Please note these class sizes are based on first come, first serve. We will contact you if your choice of days or times has been filled. Our class sizes and instructors are based on the number of registrations received in the mail.

**Release Form:**

IT IS EXPRESSLY AGREED THAT ALL USE OF THE CARMEL HIGH SCHOOL AQUATIC CENTER FACILITIES SHALL BE UNDERTAKEN AT MY SOLE RISK, AND THE AQUATIC CENTER, CARMEL SWIM CLUB, AND CARMEL CLAY SCHOOL CORPORATION SHALL NOT BE LIABLE FOR INJURIES, LOSS OR DAMAGES RESULTING FROM ACTS OF ACTIVE OR PASSIVE NEGLIGENCE ON THE PART OF THE AQUATIC CENTER, ITS OWNERS, OFFICERS, EMPLOYEES OR AGENTS.

PARENT'S SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

# Carmel Aquatic Center: Group Swim Lessons Levels

| Levels   | Skills in each Level   |
|--|--|
| White Cap – (1)<br>Introduction to<br>Water Skills           | <ul style="list-style-type: none"> <li>○ <b>Introduction to Pool – slide in entry</b></li> <li>○ Kick on Side of pool with straight legs</li> <li>○ <b>Face in water without swallowing/inhaling water (mouth, nose, eyes)</b></li> <li>○ Blow bubbles and Bobs in water (mouth &amp; nose)</li> <li>○ <b>Lie on front/back in water w/help from instructor (no K-board)</b></li> <li>○ Submerge w/help from instructor</li> <li>○ Explore hand &amp; leg movements in water w/help from instructor</li> </ul>   |
| Yellow Cap - (2)<br>Fundamentals                             | <ul style="list-style-type: none"> <li>○ Kick with straight legs on kickboard</li> <li>○ <b>Front Float (prone position) &amp; Back Float – 10 seconds without help</b></li> <li>○ Introduction to bilateral breathing using wall</li> <li>○ <b>Explore hand and leg movements without help/must swim on own!</b></li> <li>○ Jump in from side of pool &amp; push off pool bottom (self-propel to surface)</li> <li>○ Open eyes underwater, pick up submerged object</li> <li>○ Front &amp; Back glides (streamline position)</li> <li>○ <b>Slide in entry – no help &amp; Perform 5 bobs holding onto wall</b></li> </ul> |
| Orange Cap – (3)<br>Introduction to<br>Competitive<br>Stroke | <ul style="list-style-type: none"> <li>○ Open eyes and pick up submerged object w/ no help</li> <li>○ <b>Front &amp; Back glides (streamline) – 5 yards with no help!</b></li> <li>○ <b>Roll from front to back; back to front unassisted -10 seconds</b></li> <li>○ Introduction to bilateral breathing in freestyle</li> <li>○ Kick on kickboard with bilateral breathing</li> <li>○ <b>Swim freestyle with bilateral breath &amp; backstroke – 5 yards NO help</b></li> <li>○ Sitting Dives &amp; jump in face in water without swallowing/inhaling water</li> </ul>  |
| Green Cap – (4)<br>Introduction to<br>Drills &<br>Techniques | <ul style="list-style-type: none"> <li>○ <b>Technique work and drills in Freestyle &amp; Backstroke</b></li> <li>○ Introduce treading water – whip, scissors</li> <li>○ Kneeling dives (5ft or above)</li> <li>○ Introduction to Finning &amp; Sculling (flap wings or crazy eights)</li> <li>○ <b>Learn Breaststroke w/correct timing (pull, breath, kick, glide)</b></li> </ul>  |
| Blue Cap - (5)<br>Stroke<br>Improvement                      | <ul style="list-style-type: none"> <li>○ Technique work on freestyle, backstroke, and breaststroke (25 yards)</li> <li>○ <b>Learn butterfly w/ correct timing (head up/hips down; hips up/head down)</b></li> <li>○ <b>Introduction to open turns &amp; flip turns</b></li> <li>○ Standing dive (5 ft or above)</li> <li>○ Tread water – rotary kick</li> <li>○ Explore movement of finning and sculling (move through water)</li> </ul>   |