



Carmel Aquatics Center

Located in Carmel High School

520 E Main Street

Entrance #21 North

Carmel IN 46032

Tel (317) 571-4047

www.carmelswimclub.org



Kinsey Wallace

Carmel Aquatics Center

Aquatics Director



Dear Parent/Guardian,

It is our goal during the Stroke Development program to teach your swimmers the fundamentals of swimming. To help you understand, here a few topics that I would like to inform you about for the program.

Practices:

There will be times during practices where the swimmers will be learning swim techniques outside of the water. When learning a new stroke or drill it gives the swimmers a chance to understand and see proper technique before performing in water. This gives the instructor a chance to improve the technique of all the swimmers as well.

When learning new strokes and techniques in the water the swimmers may only swim half way (15 yards) or one length (25 yards). This will help the instructors to correct and enhance each drill/technique while learning the stroke performed in water.

Evaluations:

Your swimmer will be evaluated throughout the three weeks of class. If we feel your child is not ready for the Stroke Development program we will notify you and ask that they be placed into the Group Swim Lessons. All swimmers should be able to swim a 25 freestyle & backstroke without help.

At the completion of each session your child will be evaluated on the progress learned in his/her class. An evaluation sheet will be given to your child to notify you whether they have remained in the same level or have progressed onto the Carmel Swim Club.

Carmel Swim Club:

If your child is assigned to a group on the Swim Club, we encourage him/her to try the club out for a **FREE** two week trial. The practice schedules for each group can be found on the swim club website and they can start practices immediately (after the evaluation).

Registrations:

All swimmers who would like to participate in this program must register **BEFORE** each Session. We cannot allow registrations on the 1st day of a new session because this will affect the ratio of swimmers to each lane.

If there are any other questions about the Stroke Development Program offered at the CAC. Please feel free to call or email me. Thank you for your time and participation in class.

Kinsey

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