

Summer 2010 Group Sessions

Session I June 14th– June 25th

Session II July 5th– July 16th

Session III July 26th– August 6th

All Sessions are held Monday-Friday

American Red Cross Levels

Tiny Tots	10:45AM-11:30AM
Level I Introduction to Water Skills	9:45AM-10:30AM
Level II Fundamental Aquatic Skills	9:45AM-10:30AM
Level III Stroke Development	9:45AM-10:30AM
Level IV Stroke Improvement	8:45AM-9:30AM
Level V Stroke Refinement	8:45AM-9:30AM

GuardStart July 5th– July 16th Monday– Friday

GuardStart I (11 & 12 Year Olds) 9:30AM-10:30AM

GuardStart II (13 & 14 Year Olds) 10:30AM-11:30AM

How to Register

Registration **BEGINS** Monday, May 17th, 2010 for
ALL Instructional Group Sessions

Instructional Swimming Program Registration Forms are Available @ www.golakecarroll.com and the Aquatic Complex during swimming hours.

Completed Registration Form accompanied by payment is required to register.

Registration forms may be dropped off at the POA office or
Via Email: Forward your completed registration form along with credit card information to checkman@golakecarroll.com

Group Sessions may not be pro-rated.

No refunds for absences or raindates.

Please make checks payable to:

Lake Carroll Association



lake carrollSM
aquatic
complex

Instructional
Swimming
Programs
Summer 2010

Prerequisites

As a prerequisite for each level students must hold completion certificates from the prior level or demonstrate the completion requirements for the prior level. Specific Completion Requirements for each level are available at www.golakecarroll.com or upon request.

Tiny Tots: Potty-trained children, ages 3-5 years of age. An introductory class to acclimate children to the water and help them experience a classroom setting without mom or dad. Tiny Tots are usually grouped into Beginner, Intermediate and Advanced Groups.

Level I: Introduction to Water Skills

Objective: Help students feel comfortable in the water and to enjoy the water safely. Focus will be put on developing good attitudes and safe practices around the water.

Level II: Fundamental Aquatic Skills

Objective: Give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level II adds to the self-help and basic rescue skills begun in Level I.

Level III: Stroke Development

Objective: Build on the skills in Level II by providing additional guided practice. Students coordinate the front and back crawl and learn fundamentals of treading water. Students learn rules for head-first entries and begin to learn to enter water headfirst.

Level IV: Stroke Improvement

Prerequisite: Level III Completion Certificate of Objective: Develop confidence in strokes learned thus far and improve other aquatic skills such as endurance with familiar strokes (front and back crawl) for greater distances. Students continue to build on butterfly and are introduced to elementary backstroke, breaststroke, elements of side-stroke and basics of turning.

Level V: Stroke Refinement

Objective: Coordination and refinement of strokes. Students refine performance of all strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase distances. Flip turns on front and back are introduced.

GuardStart: Lifeguarding Tomorrow

Objective: Preparation for children (Ages 11-12 GuardStart I, Ages 13-14 GuardStart II) to become potential lifeguards. Valuable training for any young adult that is in or around water. Includes experience in shallow and deep water rescues, rescue tubes and rescue equipment, underwater search and rescue, rescue breathing, CPR and AED Training.

Overview

Lake Carroll Association adheres to the American Red Cross Swimming and Water Safety Program which is designed to teach people to swim and to help them be safe when they are in, on or around water. Our program covers skills and knowledge in logical progression for aquatic skill development. As participants develop these skills, they will become safer and better swimmers.

A Conducive Learning Environment

We have found through our teaching experience that students make the most progress when we create a learning environment for them with as little distraction as possible. For this reason we ask that parents, guardians and students in other levels respect the privacy of lessons in process. During this time we request that only the students participating in the lesson in progress access the Aquatic Complex.

Aquatic Complex Policy for Inclement Weather

Safety is our utmost concern during classes. Please refer to www.golakecarroll.com for further information regarding closing for inclement weather.

Orientation Date-What to Expect

During Orientation students and parents/guardians will meet their instructors, tour the Aquatic Complex, review safety guidelines and be evaluated in the water to ensure proper class placement. Please make arrangements so that other children within your family are supervised by another adult while you attend orientation with your child. Students and parents/guardians should gather at the entrance to the Aquatic Complex 5 minutes prior to their lesson time and the instructor will escort the class inside. During this time we ask that other students stay free of this area to avoid congestion and confusion. Students should be dressed in their swimwear, but need not shower as this will be completed during the Aquatic Complex tour. We prefer that students bring only a towel to lessons. Other personal items are best left with parents/guardians or placed in lockers, if available.

Class Settings

The following settings are available for instructional swimming to create the most appropriate learning environment for the individual.

Instructional Group Session

Two Week Sessions, Monday Through Friday

45 Minute Lessons

Held various times throughout the season

\$20 per Session

Private Lesson for One

45 Minute

\$30 per Lesson