

"INTEGRATING FUN WITH SUCCESS"

<u>Session</u>	<u>Date</u>	<u>Register By</u>
I	June 16th - June 25th	June 12th
II	June 30th—July 9th	June 26th
III	July 14th—July 23rd	July 10th
IV	July 28th—Aug 6th	July 24th

Class Schedules

Group Lessons: TUESDAY, WEDNESDAY & THURSDAYS. They are typically scheduled before the pool opens although some facilities allow for exceptions. Please speak with the pool manager.

Semi & Private Lessons: Scheduling is based on the instructor and student availability

Class Sizes:

Group lessons—Maximum 5 students
Minimum 3 students
Semi-Private Lessons: 2 Students
Private Lessons: 1 student

Prices: (PER SWIMMER)

Group Lessons: 6/30 min. classes \$50.00
Semi-Private: 6/30 min. classes \$85.00
Private lessons: 6/30 min. classes \$125.00

Carolina Pool Management

Carolina Pool Management offers seasonal (summer) swim lessons. Skill overview includes water acclimation, the fundamentals of safety and stroke development.

For your convenience, all aspects of swimming lessons take place at your pool. Once your pool opens, check with the pool manager for registration and class questions. For more

information, visit our website

at

www.cpm-charlotte.com

Carolina Pool Management

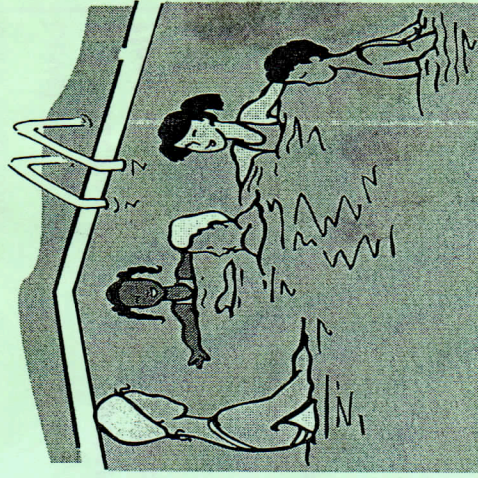
PO Box 7488

Charlotte NC, 28241

www.cpm-charlotte.com

Phone: 704-583-9700

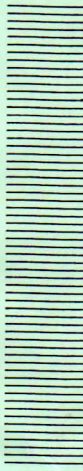
Carolina Pool Management



SWIM

LESSONS

North Carolina
Summer 2009



Levels for Children 3-4 Years old

Level 1:

Basic Instruction to water, rules and safety.

Successful completion of level is when, but not limited to, when the child feels comfortable in the water and is able to fully submerge their body with or without the help of an instructor.

Level 2:

Introduction to treading water, front float, back float, "BOB's", streamline and flutter kick.

Successful completion of level is when, but not limited to, when the child can complete 5 "Bob's", jump in pool, and shows significant improvement and understanding for treading water, and back and front float.

Level 3:

Review of treading water, front float, and back float. Introduction to basic front crawl.

Successful completion of level is when, but not limited to, the child being able to swim front crawl 5 feet, tread water for 20 seconds and swim the remaining 5 feet front crawl.

Levels for Children 5 Years & Up

Level 1:

Introduction to water, rules and safety. Basic skills such as treading water, front float, back float, "BOB's" and front crawl.

Successful completion of level is when but not limited to the child being able to swim front crawl 5 feet, tread water for 20 seconds and swim the remaining front crawl.

Level 2:

Introduction to freestyle.

Successful completion of level is when the child has mastered the basic freestyle stroke and can complete 35 yards of proper freestyle

Level 3:

Introduction to backstroke.

Successful completion of level is when the child has mastered the basic backstroke and can complete 35 feet of proper backstroke.

Level 4:

Introduction To Breaststroke:

Successful Completion of level is when the child has mastered the basic breaststroke and can complete 20 feet of proper breaststroke.

Level 5:

Introduction to butterfly stroke and flip-turns.

Successful completion of level is when the child has mastered the basic butterfly stroke and can complete 15 feet of proper butterfly

Level 6:

Introduction to diving. A child must be able to swim 25 yards of quality freestyle and has passed Level 2.

Successful completion of level is when child can enter the water hands first and make a clean entry into the water.