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**GROUP SWIM LESSONS**

**LIFEGUARD  
PREREQUISITE  
TRAINING &  
CERTIFICATION**

**SWIM TEAM CLINICS**

**LAP SWIM**

**FAMILY SWIM**

400 Westchester Avenue  
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[www.carvercenter.org](http://www.carvercenter.org)



**2023 AQUATICS**

**Group Swim Lessons**

**Lifeguard Prerequisite  
Training & Certification**

**Swim Team Clinics**

**Lap Swim**

**Family Swim**



**For information,  
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Aquatics Director:**

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# 2023 SCHEDULE

## Mondays

Level 1-2 (Ages 4-6) | 3:45-4:15pm

Level 1 (Ages 4-6) | 4:15-4:45pm

Level 3-4 (Ages 4-6) | 4:15-4:45pm

Level 1 (Ages 7-12) | 4:45-5:15pm

Level 2 (Ages 7-12) | 5:15-5:45pm

Level 3 (Ages 7-12) | 5:45-6:15pm  
**\*Limited Space Available\***

## Fridays

Level 1 (Ages 7-12) | 4:00-4:30pm

Level 2 (Ages 7-12) | 4:30-5:00pm

Level 3-4 (Ages 7-12) | 5:00-5:30pm

Lifeguard Prereq. Training (Ages 13-19)  
5:30-6:30pm

**\*Limited Spaces Available\***

## Saturdays

PS Level 1 (Ages 4-6) | 9:00-9:30am

PS Level 1 | 9:30-10:00am

PS Level 3-4 | 9:30-10:00am

Level 1 (Ages 7-12) | 10:00-10:30am

Level 2 (Ages 7-12) | 10:30-11:00am

Level 3 | 11:00 - 11:30am

Adult Lessons | 11:30-12:00pm

Pre-Team Workout | 12:00-1:00pm

Swim Team Clinic | 1:00-2:00pm

## CLASS DESCRIPTIONS AND PRICES

### Level One

- Must be able to voluntarily get in the water.
- Put face in & blow bubbles.

**\$100 per month**

### Level Two

- Blow bubbles without needing help.
- Front & back float/glide without assistance.
- Able to kick & move arms, front & back.

**\$100 per month**

### Level Three

- Must be able to swim comfortably in shallow & deep end on front & back.
- Must be able swim rotary with freestyle, tread in the deep end for at least one minute.
- Must be a confident swimmer.

**\$100 per month**

### Level Four

- Rotary and bi-lateral breathing.
- Build technique for backstroke, breaststroke and butterfly.
- Introduction into flip-turns and diving.

**\$100 per month**

### Adult Lessons (Ages 18 & Up)

- Focuses on comfort in the water, understanding balancing & floating as well as rotary breathing.
- Introduction to stroke development, floats, streamline & more.

**\$100 per month**

### Lifeguard Prerequisite & Training

- Must be able to swim one lap, front crawl and breaststroke.
- Must be able to tread water for one minute.
- In this training, we will be working on stamina, endurance, and Lifeguard Pre-Req. training.

**\$20 per month**

## SWIM TEAM CLINICS

### Option 1 Pre-Team Clinic

- Are you looking to be on a swim team?
- Our Pre-Team Clinic is for swimmers who are looking to join a swim team.
- We will work on stroke development, endurance, and stamina.

**\$120 per month**

### Option 2 - Swim Team Clinic

- For those that are already on a team, but would like to get extra workouts year-round.
- We will work on perfecting strokes, flip-turns, diving, and conditioning.

**\$140 per month**

## POOL MEMBERSHIP PRICES & SCHEDULE

### Lap Swim Membership Prices

Adult: \$80 per Month

Seniors: \$60 per Month

Young Adult (19-25): \$35 per month

Youth/Teen (13-18): \$25 per month

Wednesdays: 10:00am - 2:00pm

Thursdays: 10:00am - 3:00pm

Fridays: 10:00am - 2:00pm

### Family Swim Membership Prices

Family of 4: \$75 (up to 4 members)

Single Parent: \$45 (up to 2 Kids)

(\*\$5 for additional children)

Adults: \$20

**Saturdays 12:00-4:00pm**