

## **POOL MEMBERSHIP PRICES & SCHEDULE**

### **Lap Swim**

**Adult: \$80 per Month**  
**Seniors: \$60 per Month**  
**Young Adult (19-25): \$35 per month**

**Tuesdays: 9:00am - 12:00pm**  
**Wednesdays: 10:00am - 2:00pm**  
**Thursdays: 10:00am - 3:00pm**

**(Therapy lane available by  
Reservation Only)**

### **Family Swim**

**Family of 3: \$45 (1 Adult & 2 Kids)**  
**Family of 4: \$65 (2 Adults & 2 Kids)**

**Additional Guests:**  
**\$5 for for each child & \$20 for each adult**  
**(Up to 2 additional guests  
allowed per family)**

**Thursdays: 4:30pm-7:30pm**  
**Saturdays: 12:00pm-3:00pm**

**For information, please contact  
our Front Desk:**

**914-305-6009**

**400 Westchester Avenue**  
**Port Chester, NY 10573**  
**www.carvercenter.org**



## **GROUP SWIM LESSONS**

**LIFEGUARD  
PREREQUISITE  
TRAINING &  
CERTIFICATION**

## **SWIM TEAM CLINICS**

**LAP SWIM**

**FAMILY SWIM**

**PRE-TEAM**

**Cortney Grant**  
**Aquatics Director**  
**914-305-6025**  
**cgrant@carvercenter.org**



## **2023 AQUATICS**

**Group Swim Lessons**

**Lifeguard Prerequisite  
Training & Certification**

**Swim Team Clinics**

**Lap Swim**

**Family Swim**

**Pre-Team**

# 2023 SCHEDULE

## MONDAYS

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

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

Level 1 (Ages 7-16) | 4:45-5:15pm

Level 1 (Ages 7-16) | 5:15-5:45pm

Level 2 (Ages 7-16) | 4:45-5:15pm

Level 2 (Ages 7-16) | 5:45-6:15pm

Level 3 (Ages 7-16) | 5:45-6:15pm

Pre-Team | 6:15-7:00pm

\*Limited Space Available\*

## FRIDAYS

Level 1 (Ages 7-16) | 4:00-4:30pm

Level 1 (Ages 7-16) | 4:30-5:00pm

Level 1 (Ages 7-16) | 5:00-5:30pm

Level 2 (Ages 7-16) | 4:30-5:00pm

Level 2 (Ages 7-16) | 5:00-5:30pm

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

\*Limited Spaces Available\*

## CLASS DESCRIPTIONS AND PRICES

### Level One

- Must be able to voluntarily get in the water.
- Put face in & blow bubbles.
- Be comfortable floating on front and Back

**\$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.

**\$50 per month**

# 2023 SCHEDULE

## SATURDAYS

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

Level 1 (Ages 4-6) | 9:30-10:00am

Level 1 (Ages 7-16) | 10:00-10:30am

Level 1 (Ages 7-16) | 11:00-11:30am

Level 1-2 (Ages 7-16) | 10:00-10:30am

Level 2 (Ages 7-16) | 10:30-11:00am

Level 3 (Ages 7-16) | 10:30-11:00am

Level 3 (Ages 7-16) | 11:00 - 11:30am

Adult Lessons (Ages 17+) | 11:30-12:00pm

\*Limited Spaces Available\*

For more information, please  
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Front Desk Team

**914.305.6009**