GROUP LESSONS 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.
- Tread water for 15-30 seconds in deep water.
- 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 front crawl, tread in the deep end for at least one minute.
- Intro to Dolphin and Breaststroke kicks.
  $100 per month

Level Four
- Must be able to do front crawl & back crawl – 50 yards (2-Laps)
- Be able to swim Full Breaststroke – 15 yards
- Be able to swim Butterfly – 15 yards
- Headfirst entries (Kneeling, standing, stride, compact)
  $100 per month

Annual Facility Fee of $40 is required for all Aquatics Programs.

POOL MEMBERSHIPS PRICES & SCHEDULES*

Annual Facility Fee of $40 for all Aquatics Programs

Lap Swim
Adult: $40/Month, $200/6 Months
Seniors: $35/Month, $175/6 Months
Young Adult (18-25): $30/Month, $150/6 Months

Tuesdays: 9:30am - 11:30am
(Effective 2/27, Tuesday Lap Swim will be 12:00pm - 3:00pm)

Thursdays: 9:30am - 11:30am

Family Swim
Please Inquire with our Front Desk for Family Swim Options.

Saturdays: 1:00pm - 3:00pm

For information, please contact our Front Desk:
914-305-6009
400 Westchester Avenue
Port Chester, NY 10573
www.carvercenter.org

*ALL SCHEDULES SUBJECT TO CHANGE

2024 AQUATICS
Group Swim Lessons
Lifeguard Training & Certification
Swim Team Clinics
Lap Swim
Family Swim
Swim Team

Cortney Grant
Aquatics Director
914-305-6025
cgrant@carvercenter.org
## GROUP LESSONS

### Tuesdays
- **Level 1** (Ages 4-6)
  - 4:00pm - 4:30pm
  - 4:30pm - 5:00pm
- **Level 1** (Ages 7-16)
  - 5:00pm - 5:30pm
  - 5:30pm - 6:00pm
- **Level 2** (Ages 7-16)
  - 5:00pm - 5:30pm
  - 5:30pm - 6:00pm
  - 6:00pm - 6:30pm
- **Level 3** (Ages 7-16)
  - 6:00pm - 6:30pm

### FRIDAYS
- **Level 1** (Ages 7-16)
  - 4:00pm - 4:30pm
  - 4:30pm - 5:00pm
  - 5:00pm - 5:30pm
  - 5:30pm - 6:00pm
- **Level 2** (Ages 7-16)
  - 4:30pm - 5:00pm
  - 5:00pm - 5:30pm
  - 5:30pm - 6:00pm
- **Level 3** (Ages 7-16)
  - 4:30pm - 5:00pm
  - 5:30pm - 6:00pm

### SATURDAYS
- **Level 1** (Ages 4-6)
  - 9:00am - 9:30am
  - 9:30am - 10:00am
- **Level 1** (Ages 7-16)
  - 10:00am - 10:30am
  - 10:30am - 11:00am
  - 11:00am - 11:30pm
- **Level 2** (Ages 7-16)
  - 10:00am - 10:30am
  - 10:30am - 11:00am
  - 11:00am - 11:30am
  - 11:30am - 12:00pm
- **Level 3** (Ages 7-16)
  - 11:30am - 12:00pm
- **Level 4** (Ages 7-16)
  - 11:30am - 12:00pm

*Limited Spaces Available*
*30-minute lessons*

**No Make-up Classes**

Swim Caps and Goggles are required. Available to purchase at the Front Desk.

## AQUATICS

### Carver Center
#### Swim Team Practice
- **Mondays** 6:00pm - 8:00pm
- **Tuesdays** 6:30pm - 8:00pm
- **Fridays** 7:00pm - 8:00pm
- **Saturdays** 12:00pm - 1:00pm

Swim Team is run by a classic swim team format, focusing on drills to improve and refine all four strokes (freestyle, backstroke, breaststroke, butterfly), proper kicking and breathing techniques, stamina, and racing skills (dives, underwaters, flip-turns).

Ages 8 and up!

JOIN OUR LIFEGUARD TRAINING CLASS AND BECOME A CERTIFIED LIFEGUARD!

### LIFEGUARD TRAINING
- **FRIDAYS** | 6:00pm - 7:00pm
- Candidate needs to 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 goal setting to obtain employment following completion of course.

Ages 15+ | $50 per month

FOR LIFEGUARD CERTIFICATION COURSES, PLEASE INQUIRE AT THE FRONT DESK. 914-305-6009

OTHER TRAININGS PROVIDED INCLUDE:
- WSI (Water Safety Instructor)
- CPR/AED
- FIRST-AID