# **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

# 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.





# **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

## <u>Carver Center</u> 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