

# 2019 SWIMMING LESSONS

Sign up for small group lessons online at: [leagues.bluesombrero.com/cityofcarlyle](http://leagues.bluesombrero.com/cityofcarlyle)

## Small Group Swimming Lessons

Small group swimming lesson format will be different this year than in previous years. We will be running half-hour sessions each day for two weeks in a group. This will allow for more time in the pool overall, shorter lessons each day to help keep the kids focused and learning and will allow for more sessions so groups are smaller than in previous years. Kids will be split up by ages as well as ability. Competencies for each group are listed and your children will be evaluated at the end of sessions so you can see results.

### Session 1 - \$40

June 2<sup>nd</sup> – June 14<sup>th</sup>

Group 1: 9:00-9:30am

Group 2: 9:30-10:00am

Group 3: 6:00-6:30pm

Group 4: 6:30-7:00pm

### Session 2 - \$40

June 17<sup>th</sup> – June 28<sup>th</sup>

Group 1: 11:00-11:30am

Group 2: 11:30-12:00pm

### Session 3 - \$40

July 22<sup>nd</sup> – August 2<sup>nd</sup>

Group 1: 6:00-6:30pm

Group 2: 6:30-7:00pm

## Small Group Swimming Lessons – Frogs Group

Ages 18mos – 2 years (As of June 1, 2019)

*\*Parental/guardian assistance in the pool is optional and will be sought if necessary*

Lessons will be a total of 5 hours over two weeks (Monday-Friday with a Saturday make-up date)

Skills that will be established in the Frogs Group:

- In-water exploration using toys and splashing hands and feet
- Blowing bubbles on the surface and under water
- Submerging entire head under water
- Floating with parental assistance on front and back
- Kicking with instructor assistance on front and back
- Gliding with instructor assistance on front and back



## Small Group Swimming Lessons – Turtles Group

Ages 3-5 years (As of June 1, 2019)

Lessons will be a total of 5 hours over two weeks (Monday-Friday with a Saturday make-up date)

Skills that will be established in the Turtles Group:

- Entering the water safely by ladder, side of pool and jumping
- Exiting the water safely by ladder and side of pool
- Blowing bubbles on the surface and under water
- Submerging entire head under water
- Retrieving an object from the bottom of the pool with assistance
- Floating with assistance on front and back
- Rolling with assistance
- Kicking with assistance
- Gliding with assistance
- Swimming on front with assistance
- Swimming on back with assistance
- Treading water
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\*Kids in the Turtles group will be evaluated on their progression and potentially be moved between Turtle Level 1, Level 2, Level 3. This will keep kids in groups together with others of similar ability.

**Small Group Swimming Lessons – School Age Group**  
**Ages 6 and Older (As of June 1, 2019)**

Lessons will be a total of 5 hours over two weeks (Monday-Friday with a Saturday make-up date)  
Skills that will be established in the School Age Group:

***Clown Fish - Beginner***

***Stingrays - Intermediate***

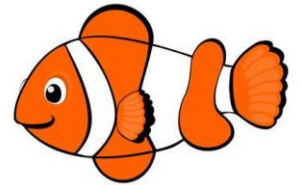
***Dolphins & Whales - Advanced***

**Clown Fish**

- Submerging entire head under water and holding breath
- Retrieving an object from bottom of pool with assistance
- Floating with minimal assistance on front and back and recovering from float
- Rolling with minimal assistance
- Kicking with equipment on front and back
- Gliding with minimal assistance
- Swimming on front and back
- Treading shoulder deep water for 12 seconds

**Stingrays**

- Floating with no assistance
- Rolling with no assistance
- Kicking with no equipment
- Gliding with no assistance
- Swimming on front and back with increased progression
- Treading water for 24 seconds



*\*Dolphins & Whales groups will have increased progressions for all of the above listed skills and scenarios based on proven ability.*

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**Individual Swimming Lessons**  
**\$60**

Individual lessons will be offered again this year and must be scheduled privately with the instructor of your choice. Instructors will be evaluated by the Pool Manager at the beginning of the pool season and we will then develop a contact list with preferred ages and available times for scheduling. Individual lessons will consist of five 45-minute lessons during morning or evening hours based on instructor availability. More information on instructors and scheduling will be available once the pool season has begun.