



2017 Summer Swim Lessons

City of Carroll – Carroll Recreation Center & Aquatic Center

Registration begins Wednesday, May 17

Session #1 at Carroll Recreation Center

June 5-15, Mondays - Thursdays

Preschool 1, 2, 3	9:20 - 9:50 AM
Level 1, 2, 3	9:55 - 10:25 AM
Level 3, 4, 5/6	10:30 - 11:00 AM

Session #2 at Carroll Recreation Center

June 19-29, Mondays - Thursdays

Level 1, 2, 4	8:45 – 9:15 AM
Preschool 1, 2, 3	9:20 - 9:50 AM
Level 3, 4, 5/6	10:30 - 11:00 AM

Session #3 at Carroll Aquatic Center (in the event of poor weather, lessons move indoors if able)

July 10-20, Mondays - Thursdays

Level 3, 4, 5/6	9:20 - 9:50 AM
Level 1, 2, 3	9:55 - 10:25 AM
Preschool 1, 2, 3	10:30 - 11:00 AM

1 Week Options (Fee is \$32/week, or \$27 if REC Center member)

June 26-30, Monday-Friday at Carroll Recreation Center	9:55 – 10:30 AM	only levels: Preschool 2, Level 2, Level 3
July 24-28, Monday-Friday at Carroll Aquatic Center	9:55 – 10:30 AM	only levels: Preschool 1, Level 3, Level 4
July 24-28, Monday-Friday at Carroll Aquatic Center	10:35 – 11:10 AM	only levels: Preschool 2, Preschool 3, Level 2



Session Fee:

\$42/child

(\$35 for REC Center members)

Preschool Aquatics: Ages 4-6 (completed pre-school)
Learn to Swim “Levels”: Ages 6+ (completed K/optional K or above)

**No refunds for inclement weather or water issues*

**No make-up lessons due to student absences*

Register through the Carroll Recreation Center

Questions: 712-792-5400

Online: carrollreccenter.com

In Office: REC Office at Carroll Recreation Center – open M-F, 8 AM - 5 PM

Mail: Form available online or at REC, mail to 716 N Grant Rd, Carroll, IA 51401

American Red Cross Summer Swim Levels for Kids

- **Parent and Child Classes:** Ages 6 months to 3 years – In-water participation by parents or other care-giving adult is required for each child.
- **Preschool Level 1: Ages 4 to 5** – Children learn basic water safety and become comfortable in the water.
- **Preschool Level 2: Ages 4 to 5** – Builds on Level 1 and introduces fundamental skills such as kicking.
- **Preschool Level 3: Ages 4 to 5** – Improves on skills learned in Levels 1 and 2 and focuses on coordinating arm and leg movements.

Learn-to-Swim Classes: For Children About 6 Years and Older

- **Level 1: Introduction to Water Skills** – Learn to safely enter and exit the water, make progress through the water using arms and legs, and float and recover. All skills are preformed with instructor support.
- **Level 2: Fundamental Aquatic Skills** – Children perform Level 1 skills, swimming several body lengths without instructor support.
- **Level 3: Stroke Development** – Children learn the front crawl and elementary backstroke, swimming each stroke 15 yards, and are introduced to scissor and dolphin kicks and treading water.
- **Level 4: Stroke Improvement** – Swimmers practice front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke over increasing distances and are introduced to flip turns.
- **Level 5/6: Advanced Classes** – Specialty classes in Swimming and Skill Proficiency, Personal Water Safety,

Unsure of where to place your child? Here are some helpful hints:

- If your child can not yet submerge/dunk their head all the way under water independently, without bribery – Register for Preschool 1 or Level 1 depending on age
- If your child can submerge with ease, but is not yet floating on their stomach AND back without help – Register for Preschool 2 (Preschool 3 if they can do it but need help to start/get into position but then you can let go) or Level 2 depending on age
- If your child is not yet strong enough to swim across the lap lanes with their face in the water, Register for Preschool 3 or Level 3
- If your child can float well and “swim” across the pool, but is still needing to learn all 6 strokes (front & back crawl, butterfly, breaststroke, sidestroke, elementary back stroke) then register for Level 4
- If your child is on swim team and needing water safety and to learn other strokes and skills, or ready to start swimming laps – register for Level 5