



CORE FOUNDATIONS

Carmel Swim Academy programs are each guided by the following four foundations.

1. SOLACE

Our goal is that your child:

- a. Wants to be in the water,
- b. Can move easily in the water, and
- c. Is able to relax in the water.

2. SAFETY

Our goal is that your child:

- a. Can save themselves or can hold out for rescue,
- b. Respects the power of the water, and
- c. Knows how best to be safe around the water.

3. SKILLS

Our goal is that your child:

- a. Can demonstrate Freestyle, Backstroke, Butterfly, and Breaststroke with good technique,
- b. Can demonstrate their safety skills to a high degree, and
- c. Can demonstrate competitive skills with good technique.

4. STABILITY

Our goal is that your child:

- a. Has the strength needed to maintain good technique for any distance,
- b. Can swim for any length without much struggle, and
- c. Has the endurance to maintain a steady pace for long term.

Please see the following pages for more information about the skills covered within each level of the CSA curriculum, including Group Swim Lessons, Stroke Technique, and Swim Club Prep.

GROUP SWIM LESSONS

Swimmers must be at least three years old and potty trained to participate in Group Swim Lessons. There are five levels within Group Swim Lessons. Beginner, Beginner Plus, Intermediate, Intermediate Plus, and Advanced. Swimmers will be placed in a group based on their age on their first day of classes with CSA, and their skills will be tested accordingly. Carmel Swim Academy constantly monitors the swimmers to make sure they are in the appropriate level based on their ability. Please bring a swimsuit and towel; CSA also recommends goggles for Group Swim Lessons, but they are not required.

BEGINNER

Core Foundations: Solace and Safety

ABILITY	SOLACE	SAFETY
Bobs	✓	
Paddles	✓	✓
Kicks	✓	✓
Floats	✓	✓
Jumps		✓

BEGINNER PLUS

Core Foundations: Solace and Safety

ABILITY	SOLACE	SAFETY
Bobs	✓	
Paddles	✓	✓
Kicks	✓	✓
Floats	✓	✓
Jumps		✓
Treading		✓

INTERMEDIATE

Core Foundations: Skills and Safety

ABILITY	SKILLS	SAFETY
Floats (Recovery)		✓
Glides	✓	
Freestyle	✓	
Backstroke	✓	
Breaststroke Kick	✓	
Treading		✓
Jumps		✓

INTERMEDIATE PLUS

Core Foundations: Skills and Stability

ABILITY	SKILLS	STABILITY
Glides	✓	
Freestyle	✓	✓
Backstroke	✓	✓
Breaststroke Kick	✓	
Butterfly Kick	✓	
Breaststroke Arms	✓	
Treading		✓

ADVANCED

Core Foundations: Skills and Stability

ABILITY	SKILLS	STABILITY
Streamline	✓	
Freestyle	✓	✓
Backstroke	✓	✓
Breaststroke	✓	
Butterfly	✓	
Treading		✓

STROKE TECHNIQUE

Swimmers must be at least six years old to participate in Stroke Technique. To be placed in this program, swimmers should be proficient in freestyle and backstroke and be able to swim these strokes for at least 25 yards. Swimmers should also have a working knowledge of butterfly and breaststroke. Carmel Swim Academy constantly monitors the swimmers to make sure they are in the appropriate level based on their ability. Please bring a swimsuit, towel, and goggles.

STROKE TECHNIQUE

Core Foundations: Skills and Stability

ABILITY	SKILLS	STABILITY
Freestyle	✓	✓
Backstroke	✓	✓
Breaststroke	✓	
Butterfly	✓	
Flip Turns	✓	
Endurance		✓

SWIM CLUB PREP

Swimmers must be at least eight years old to participate in Swim Club Prep. To be placed in this program, swimmers should be proficient in freestyle and backstroke and be able to swim these strokes for at least 50 yards. Swimmers should also be able to swim 25 yards each of butterfly and breaststroke. Carmel Swim Academy constantly monitors the swimmers to make sure they are in the appropriate level based on their ability. Please bring a swimsuit, towel, and goggles.

SWIM CLUB PREP

Core Foundations: Skills and Stability

ABILITY	SKILLS	STABILITY
Freestyle		✓
Backstroke		✓
Breaststroke	✓	✓
Butterfly	✓	✓
Individual Medley		✓
Flip Turns	✓	✓
Open turns	✓	
Endurance		✓