

## 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		✓