

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. Each level concentrates on two of the CSA core foundations. 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

The following skills are practiced in Beginner, and must be completed to move to Beginner Plus:

SKILL	NOTES
Bobs	Fully submerged, assisted
Front Float	Face in, assisted
Front Kicks	With equipment, assisted
Front Paddle	Face in, assisted
Back Float	Relaxed, assisted
Back Kicks	With equipment, assisted
Back Paddle	Assisted
Jumping In	Swim back to wall, assisted
GENERAL:	Swimmer is comfortable performing skill, and does not cling to the instructor

BEGINNER PLUS

Core Foundations: Solace and Safety

The following skills are practiced in Beginner Plus, and must be completed to move to Intermediate:

SKILL	NOTES
Bobs	Fully submerged
Front Float	Face in, unassisted
Front Kicks	With equipment, unassisted
Front Glide	Streamline, unassisted
Front Paddle	Face in, unassisted
Back Float	Relaxed, unassisted
Back Glide	Streamline, assisted
Back Kicks	With equipment, unassisted
Back Paddle	Basic knowledge of arms and legs working together, assisted
Jumping In	Swim unassisted small distance to wall or instructor
Treading Water	Introduced, vertical body position, head above water
GENERAL:	Swimmer is comfortable performing skills with little to no assistance

INTERMEDIATE

Core Foundations: Skill and Safety

The following skills are practiced in Intermediate, and must be completed to move to Intermediate Plus:

SKILL	NOTES
Bobs	Fully submerged
Front Float	Unassisted and recover
Front Glide	Unassisted, with/without kick
Freestyle	Face in, unassisted, some sort of breathing, for length of pool
Rotary Breathing	Introduced, breathing to side
Back Float	Unassisted and recover
Back Glide	Unassisted, with/without kick
Backstroke	Unassisted, for length of pool
Breaststroke Kick	Introduced, some basic knowledge
Breaststroke Arms	Introduced, some basic knowledge
Treading Water	Vertical position with head above water for 15 seconds
GENERAL:	Swimmer is comfortable swimming length of pool without stopping in the middle

INTERMEDIATE PLUS

Core Foundations: Skill and Safety

The following skills are practiced in Intermediate Plus, and must be completed to move to Advanced:

SKILL	NOTES
Front Glide	With/without kick
Freestyle	With rotary breathing for length of pool
Back Glide	With/without kick
Backstroke	Hips up, straight arms, for length of pool
Breaststroke	Symmetrical kick, symmetrical arms, basic knowledge of rhythm
Butterfly Kick	Introduced, basic knowledge, legs stay together
Butterfly Arms	Introduced, basic knowledge
Treading Water	Vertical position with head above water for 30 seconds

ADVANCED

Core Foundations: Skill and Stability

The following skills are practiced in Advanced, and must be completed to move to Stroke Technique:

SKILL	NOTES
Front Streamline	With kick for length of pool
Freestyle	With rotary breathing for two lengths of pool
Back Streamline	With kick for length of pool
Backstroke	Hips up, straight arms, for length of pool
Breaststroke	Symmetrical arms and legs; pull, breathe, kick, glide rhythm for length of pool
Butterfly	Legs stay together with kick, arms get up and out of water for length of pool

Treading Water	Vertical position with head above water for 1:00
GENERAL	Swimmer does not stop in the middle of the pool during any skills and endurance is correct for transitioning to 25-yard pool

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.

Core Foundations: Skill and Stability

The following skills are practiced in Stroke Technique and must be completed in order to be in Swim Club Prep. Some swimmers may bypass Swim Club Prep and have the opportunity to be evaluated for the Carmel Swim Club directly from the Stroke Technique level.

SKILL	Notes
Freestyle	Rotary breathing, not turning onto back, 50 yards nonstop
Backstroke	Hips up, straight arms, 50 yards nonstop
Breaststroke	Pull, breathe, kick, glide rhythm, breathing every stroke, two-hand touches on wall, 25 yards nonstop
Butterfly	Arms move together, legs stay together, two-hand touches on wall, 25 yards nonstop
Endurance	100 yards freestyle, 100 yards backstroke
Flip Turn	Introduced

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.

Core Foundations: Skill and Stability

The following skills are practiced in Swim Club Prep and must be completed in order to have the opportunity to be evaluated for the Carmel Swim Club.

SKILL	Notes
Freestyle	Rotary breathing, not turning onto back, 100 yards nonstop, flip turns attempted
Backstroke	Stays on back, 100-yards nonstop, flip turns attempted
Breaststroke	Pull, breathe, kick, glide rhythm, arms never go past hips, 50 yards nonstop, USA Swimming legal

Butterfly	Arms come out together, legs stay together, 50 yards nonstop, USA Swimming legal
Individual Medley	Correct order, legal strokes, 100 yards nonstop
Endurance	200 yards freestyle, 200 yards backstroke
Flip Turn	Freestyle and backstroke
Open Turn	Breaststroke and butterfly