CSA CARMEL SWIM ACADEMY FOR THE COMMUNITY

Program Guide

The Carmel Swim Academy offers lessons for infants and children ages 3 months to 14 years old. Lessons are separated into specific tracks based on both a swimmer's age and ability level to best meet their individual needs. Carmel Swim Academy's specific groups and levels for each age group series are listed below. Each level details the skills swimmers will practice during their lesson time.

To meet the flexible needs of your family's schedule, the **Carmel Swim Academy does not automatically re-enroll you for subsequent sessions.** Registration for the next session will open two weeks before the end of the current session. Sessions are typically five weeks in length.

To advance to the next level, swimmers must be proficient in and demonstrate the noted level of comfort with the listed skills. This means that a swimmer may stay in the same level for more than one session of programming. Advancing out of certain levels may indicate your child is ready for the Carmel Swim Club competitive program, or may move into a different series with a director's approval. Please see each level for details.

- Caregiver/Child Lessons: Ages 3 to 36 Months
- Hydros Series: Ages 3 to 4 Years
- Neptune Series: Ages 5 to 6 Years
- Triton Series: Ages 7 to 9 Years
- Poseidon Series: Ages 10 to 14 Years

Caregiver/Child Lessons: Ages Three to 36 Months

Guided by an experienced instructor, all CSA Caregiver/Child classes focus on building water confidence through songs, games, and simple water movement exercises. Swimmers will be enrolled by age, see detail below, and must wear a swim diaper and be accompanied in the pool by a parent, guardian, or caregiver.

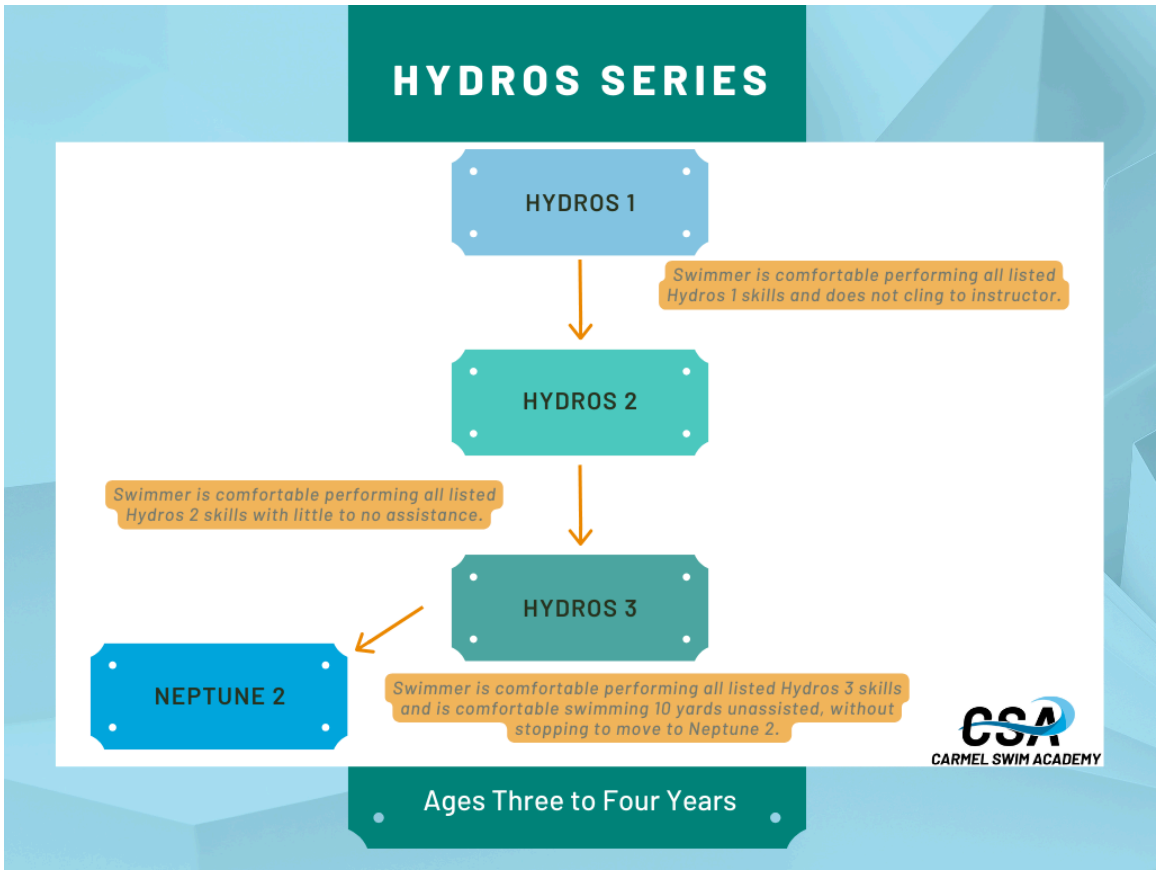
LEVEL ONE: Ages Three to 14 Months

Babies will begin to explore floating, submerging, kicking, splashing, and holding onto the pool edge, all while strengthening their motor skills and bonding with their caregiver. Swimmers and caregivers will also begin to learn basic survival skills in the pool. With a warm, welcoming environment, our program helps lay the foundation for future swimming skills.

LEVEL TWO: Ages 15 to 36 Months

In Level Two, children will begin to practice swimming independently to their caregiver or the wall, and increase both their number of submersions and time spent underwater. Swimmers and caregivers will also learn basic survival skills in the pool. With a warm, welcoming environment, our program helps lay the foundation for future swimming skills and prepares them for CSA's group swim lesson program, where a caregiver does not participate in the water with them.

Hydros: Ages Three to Four Years, 35-Minute Classes, $185 for a Five-Week Session ($37/Class)



Hydros Level 1

- Bobs - fully submerged, blowing bubbles, assisted
- Front Float - face in, assisted
- Front Kicks - with equipment, assisted
- Freestyle Arms - face in, assisted
- Back Float - relaxed, assisted
- Back Kicks - with equipment, assisted
- Backstroke Arms - assisted
- Safety Turn Around - slide in, turn around, climb out
- Jumping In - swim back to the wall or ladder, assisted

To progress to Hydros Level 2, the swimmer is comfortable performing listed skills and does not cling to the instructor.

Hydros Level 2

- Bobs - fully submerged, blowing bubbles, with little to no assistance
- Front Float - face in, unassisted
- Front Glide - streamline, unassisted
- Freestyle - face in, unassisted
- Back Float - relaxed, unassisted
- Back Glide - streamline, assisted
- Back Kicks - with equipment, unassisted
- Backstroke - basic knowledge of arms and legs working together, assisted
- Jumping In - swim unassisted small distance to wall, ladder, or instructor

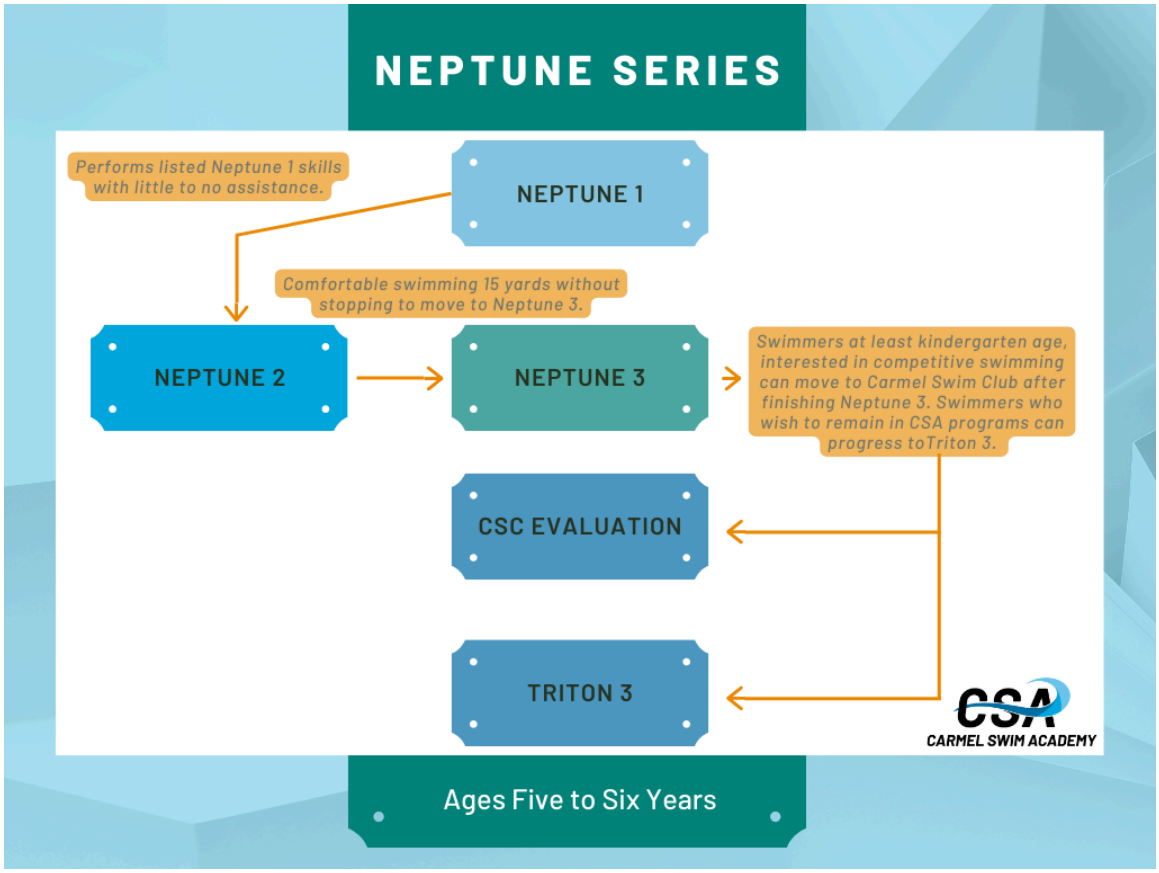
To progress to Hydros Level 3, the swimmer is comfortable performing all listed skills with little to no assistance.

Hydros Level 3

- Bobs - fully submerged, blowing bubbles, unassisted
- Front Float - unassisted and recover
- Front Glide - unassisted with and without kick
- Freestyle - face in, unassisted, some sort of breathing, 10 yards.
- Introduction to Rotary Breathing - proper breath exchange
- Back Float - unassisted and recover
- Back Glide - streamline unassisted, with/without kick
- Backstroke - unassisted, 10 yards
- Breaststroke Kick - Introduction/Basic Knowledge
- Breaststroke Arms - Introduction/Basic Knowledge

To progress to Neptune Level 2, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 10 yards unassisted, without stopping.

Neptune: Ages Five to Six Years, 35-Minute Classes, $185 for a Five-Week Session ($37/Class)



Neptune Level 1

- Bobs - fully submerged, blowing bubbles, little to no assistance
- Front Float - face in, unassisted
- Front Glide - streamline, unassisted
- Freestyle Kicks - with equipment, unassisted
- Freestyle Arms - face in, unassisted
- Introduction to Rotary Breathing - proper breath exchange
- Back Float - relaxed, unassisted
- Back Glide - streamline, assisted
- Back Kicks - with equipment, unassisted
- Backstroke Arms - basic knowledge of arms and legs working together, assisted
- Jumping In - swim unassisted small distance to wall, ladder, or instructor, climb out of pool
- Introduced to Treading Water - vertical body position, head above water

To progress to Neptune Level 2, the swimmer is comfortable performing all listed skills with little to no assistance.

Neptune Level 2

- Bobs - fully submerged, blowing bubbles, unassisted
- Front Float - face in, unassisted and recover
- Front Glide - unassisted, streamline, with and without kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards.
- Knowledge of Rotary Breathing - proper breath exchange
- Back Float - unassisted and recover
- Back Glide - streamline, unassisted, with/without kick
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge
- Breaststroke Arms - basic knowledge
- Butterfly Kicks - basic knowledge
- Butterfly Arms - basic knowledge

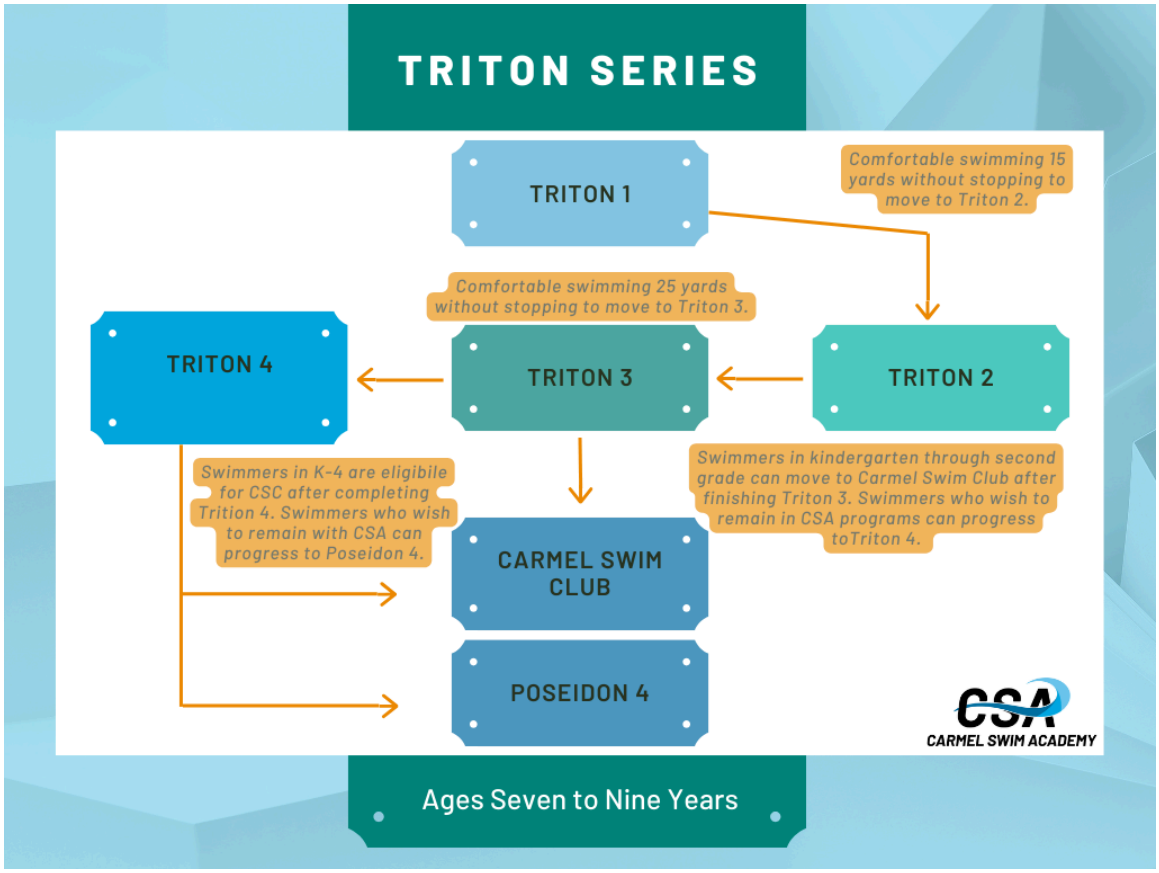
To progress to Neptune Level 3, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.

Neptune Level 3

- Front Glide - streamline position on surface of water, no kick
- Front Streamline - with kick, 15 yards, underwater
- Freestyle with Rotary Breathing - 25 yards, mastered
- Back Glide - streamline position on surface of water, no kick
- Back Streamline - with kick, 15 yards, underwater
- Backstroke - hips up, straight arms, 25 yards, mastered
- Breaststroke - symmetrical arms and legs, basic knowledge of rhythm, 15 yards
- Butterfly - legs stay together with the kick and arms get up/out of the water, 15 yards

When a swimmer has mastered the Neptune 3 level and is at least kindergarten age, they are eligible for an evaluation for the Carmel Swim Club. If they do not want to join the club, they may continue in CSA programs and move to Triton 3.

Triton: Ages Seven to Nine Years, 45-Minute Classes, $210 for a Five-Week Session ($42/Class)



Triton Level 1

- Bobs - fully submerged, blowing bubbles, little to no assistance
- Front Float - face in, unassisted and recover
- Front Glide - streamline, unassisted with/without kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards
- Knowledge of Rotary Breathing - with proper breath exchange
- Back Float - unassisted, and recover
- Back Glide - streamline, unassisted, with/without kick
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge
- Breaststroke Arms - basic knowledge
- Butterfly Kick - basic knowledge
- Butterfly Arms - basic knowledge

To progress to Triton Level 2, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.

Triton Level 2

- Front Glide - streamline position on surface of water, no kick
- Front Streamline - with kick, 15 yards, underwater
- Freestyle with Rotary Breathing - 25 yards, proficient
- Back Glide - streamline position on surface of water, no kick
- Back Streamline - with kick, 15 yards, underwater
- Backstroke - hips up, straight arms, 25 yards, proficient
- Breaststroke - symmetrical arms and legs, basic knowledge of rhythm, 15 yards
- Butterfly - legs stay together with the kick and arms get out of the water, 15 yards

To progress to Triton Level 3, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 25 yards without stopping.

Triton Level 3

- Front Streamline - with kick, 25 yards
- 25 Yards Freestyle - non-stop with rotary breathing, mastered
- Back Streamline - with kick, 25 yards
- 25 Yards Backstroke - non-stop with hips up, mastered
- 25 Yards Breaststroke - non-stop, proficient (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, proficient (does not have to be fully legal)
- Working Knowledge of Open Turns - all strokes
- Introduced to Flip Turns - freestyle
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

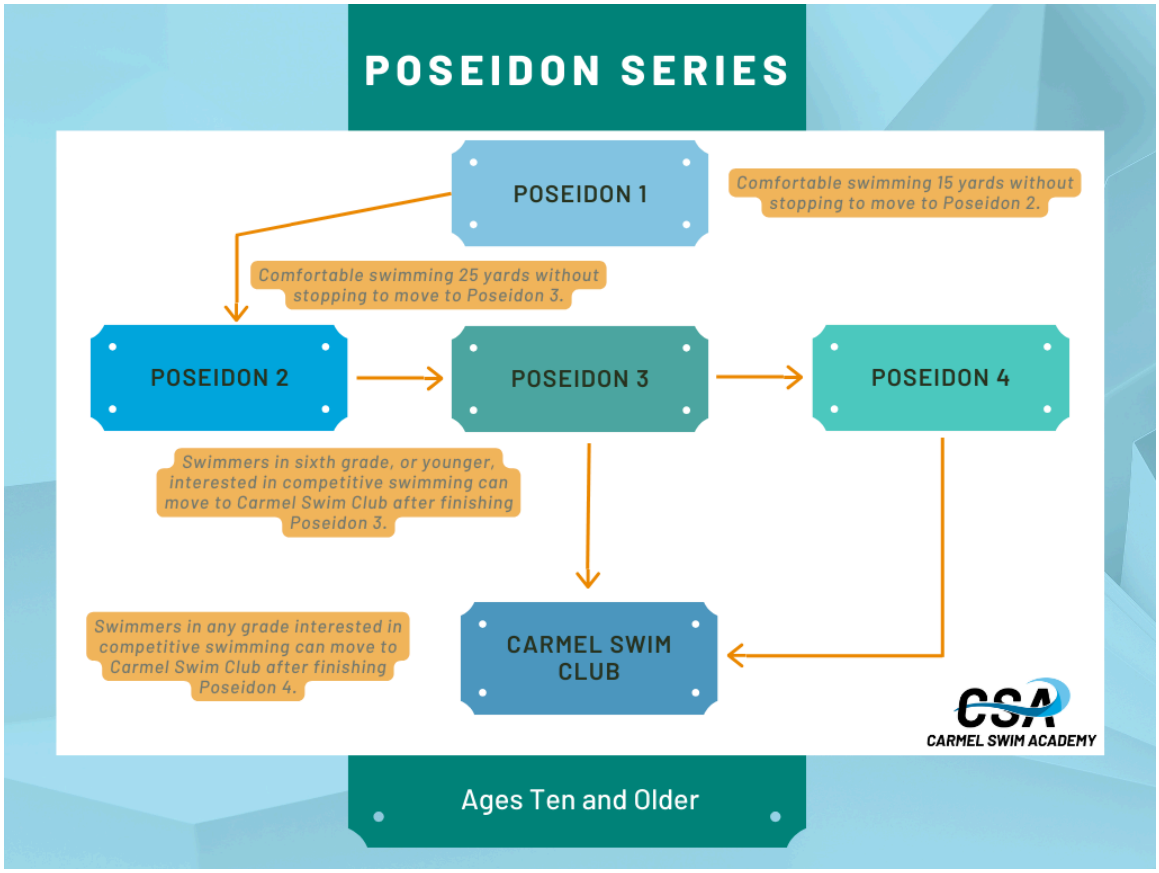
After achieving proficiency in the listed skills, if a swimmer is in kindergarten through 2nd grade, they are eligible for an evaluation for Carmel Swim Club; all other grade levels or any swimmer who does not want to join the club progresses to Triton 4.

Triton Level 4

- 50 Yards Freestyle - non-stop with rotary breathing and streamline off the walls, mastered
- 50 Yards Backstroke - non-stop with hips up and streamline off the walls, mastered
- 25 Yards Breaststroke - non-stop, mastered (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, mastered (does not have to be fully legal)
- Proficient knowledge of open turns - all strokes
- Freestyle Flip Turns - proficient
- Introduced to Backstroke Flip Turns - with stroke count
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

If a swimmer in grade kindergarten through 4th grade, they are eligible for the Carmel Swim Club. If a swimmer does not want to move to the Carmel Swim Club, they can move to Poseidon 3.

Poseidon: Ages Ten Years and Older, 45-Minute Classes, $210 for a Five-Week Session ($42/Class)



Poseidon Level 1

- Bobs - fully submerged, blowing bubbles, unassisted
- Front Float -face in, unassisted and recover
- Front Glide - streamline position on surface of water, no kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards
- Knowledge of Rotary Breathing - with proper breath exchange
- Back Float - unassisted and recover
- Back Glide - streamline position, no kick
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge, 15 yards
- Breaststroke Arms - basic knowledge, 15 yards
- Butterfly Kick - basic knowledge, 15 yards
- Butterfly Arms - basic knowledge, 15 yards

To progress to Poseidon Level 2, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.

Poseidon Level 2

- Front Streamline - with kick, 25 yards
- 25 Yards Freestyle - non-stop with rotary breathing, mastered
- Back Streamline - with kick, 25 yards
- 25 Yards Backstroke - non-stop with hips up, mastered
- 25 Yards Breaststroke - non-stop, proficient (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, proficient (does not have to be fully legal)
- Working Knowledge of Open Turns - all strokes
- Introduced to Flip Turns - freestyle
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

To progress to Poseidon Level 3, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 25 yards without stopping.

Poseidon Level 3

- 50 Yards Freestyle - non-stop with rotary breathing, streamline off the walls, mastered
- 50 Yards Backstroke - non-stop with hips up, streamline off the walls, mastered
- 25 Yards Breaststroke - non-stop, mastered (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, mastered (does not have to be fully legal)
- Proficient Knowledge of Open Turns - all strokes
- Freestyle Flip Turns - proficient
- Introduced to Backstroke Flip Turns - with stroke count
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

After achieving proficiency in the listed skills, if a swimmer is in kindergarten through 6th grade, they are eligible for an evaluation for Carmel Swim Club; all other grade levels or any swimmer who does not want to join the club progresses to Poseidon 4.

Poseidon Level 4

- 100 Yards Freestyle - non-stop with rotary breathing, streamline off the walls, mastered
- 100 Yards Backstroke - non-stop with hips up, streamline off the walls, mastered
- 50 Yards Breaststroke - non-stop, fully legal (USA Swimming Legal)
- Breaststroke Underwater Pull Out - proficient
- 50 Yards Butterfly - non-stop, fully legal (USA Swimming Legal)
- 100 Yard Individual Medley - correct order (Fly, Back, Breast, Free), legal strokes
- Proficient Knowledge of Open Turns - all strokes
- Proficient Freestyle Flip Turns
- Proficient Backstroke Flip Turns - with stroke count
- Two-Hand Touches - breaststroke and butterfly

After mastering the skills of this level, swimmers of any grade level are eligible for the Carmel Swim Club.

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Junior Swim League: Ages Five and Older, 60-Minute Practices

General Information

Junior Swim League is designed for swimmers who may not be ready for the full commitment of Carmel Swim Club, but are ready to move beyond traditional swim lessons. During the Junior Swim League practices, swimmers will get a swim-team-style workout where they will work on refining their strokes and building their endurance.

Swimmers will also have the opportunity to work on their starts and turns and compete in recreational swim meets at least once each session (meets are more frequent in the summer).

Eligibility

Swimmers who have been in Carmel Swim Academy program must have passed the following levels for their incoming grade level:

- Kindergarten through Second Grade: Passed Neptune 3, or can independently swim 25 yards of Freestyle, Backstroke, Breaststroke, and Butterfly.
- Third Grade through Sixth Grade: Passed Triton 3, or can independently swim 50 yards each of Freestyle and Backstroke and 25 yards each of Breaststroke and Butterfly.
- Seventh Grade and Eighth Grade: Passed Poseidon 3, or can independently swim 100 yards each of Freestyle and Backstroke and 50 yards each of Breaststroke and Butterfly.

If your swimmer has not been in the Carmel Swim Academy program, they must be evaluated by one of the CSA directors before signing up for the class. You can arrange this by emailing Nicole Carpenter at ncarpenter@carmelswimacademy.org.

On the first day of the program, the coach will assess the swimmers during their scheduled class. During this time, if the coach feels your swimmer may need more of a swim-lesson-style class, a CSA staff member will speak to you about your options to move your swimmer. Your swimmer could be asked to move to the Carmel Swim Academy group lesson program to gain more skills to prepare them for Junior Swim League in the future.

Evaluations and Progress Reports: For All Levels (excludes Junior Swim League)

As a part of the program, instructors complete skills tracking for each swimmer the week prior to registration opening. To access this on your account, please follow these steps:

- Login to your iClassPro account.
- Click on the "Account" tab at the top of the page.
- Go to the swimmer you would like to view and click the star that says "Evaluations".
    - From there, you will see the skill tree, including what levels they have passed and what skills they are working on in their current level.
    - We use a star rating system
        - One star means the swimmer is practicing/learning that skill.
        - Two stars means the swimmer has mastered that skill.
    - The last skill of each level says if the swimmer is ready to move to the next level. They are only ready to move to the next level if they have received a two-star rating.

Please allow 24 hours from your last class for this to be updated on your account.

Carmel Swim Academy Policies: All Programs

Makeup Tokens

When will/can tokens be placed on my account?

- If your swimmer misses a class, CSA leadership will automatically create a makeup token on the swimmers' account. Note, it may take up to 24 hours for the makeup token to appear.
- Tokens will be added to accounts after an absence, they will not be added for planned future absences.

How do I redeem my token?

- After the token is in your account, you can request enrollment in any of the classes listed online.
    - CSA will keep all current classes listed on the "booking" page.
    - You will need to select the day of the week from the filters you would like to register for in order to see those classes.
    - ***If you want to use your token for the next session, you will not be able to request a makeup until AFTER the first week of that new session.***
        - Tokens requested during the first week of a new session will automatically be denied and the token will be placed back on the account.
          If there is availability in your requested class, CSA staff will approve the registration and the makeup token will be removed from your account.
    - Please allow up to 24 hours for the makeup token to be approved.
    - Makeup tokens will only be approved if the class does not go over ratio with a makeup included.

I can't find my swimmers level, what does that mean?

- If the level you are looking for is not listed on the specific day you have requested, that means we do not have availability in that level for that day.

How long do I have to use my makeup token?

- Makeup tokens expire one year after the issue date, i.e. a token issued on January 15, 2025 expires on January 15, 2026.
- Makeup tokens can be used outside of the session in which they were issued.
    - We cannot guarantee a makeup during the same session in which the original class was missed.
- Swimmers do not have to be registered in that session to use a makeup token.

What if I scheduled a makeup and can no longer make it?

- If you are no longer able to attend your makeup class, you must notify CSA in order to get the makeup token reset to your account. If no notice is given prior to the start of the class, the token will be lost.

How many makeup tokens am I allowed to receive each session?

- We will only issue up to two makeup tokens each session.

Cash Credits

The Carmel Swim Academy will not issue cash credits for missed classes unless CSA is the one to cancel a class (i.e. due to facility issue or inclement weather).

Refunds

Carmel Swim Academy will not give refunds for missed classes. Should you miss a class, you will only receive a makeup token or credit, as outlined above.

If you decide that you are not able to attend the session you have registered for, you must give the Carmel Swim Academy notice by email to csastaff@carmelswimacademy.org. If you decide to cancel your registration and request a refund PRIOR to the session starting, you will receive a 100% refund. If you decide you would like to cancel your registration AFTER the session has started, you will only receive a 75% refund.