

All sessions are Monday - Friday

## Summer 2019 Group Sessions

Session I June 17- June 21  
Session II July 1 - July 5  
Session III July 22 - July 26  
Session IV July 29 - August 2

### American Red Cross Levels

Preschool - POLLIWOG.....11:00AM - 11:50AM  
Level I - GUPPY.....10:00AM - 10:50AM  
Level II - PIKE .....10:00AM - 10:50AM  
Level III - EEL.....9:00AM - 9:50AM  
Level IV - STING RAY.....9:00AM - 9:50AM  
Level V - FISH .....8:00AM - 8:50AM  
Level VI - SHARK .....8:00AM - 8:50AM

Guard Start July 1—July 5

Guard Start (ages 11-14) .....10:00AM - 10:50AM

## How to Register

Registration *DEADLINE*

Is June 1, 2019

### *ALL Instructional Group Sessions*

Instructional Swimming Program  
Registration Forms are available at  
[www.golakecarroll.com](http://www.golakecarroll.com) at the  
Aquatic Complex during swimming hours  
& at the Admin Office.  
Completed Registration Form accompanied  
by payment is required to register.

Registration forms with payment may be  
dropped off at either the Aquatic Complex or the  
Admin Office or mailed to  
Lake Carroll Association  
Attn: Swim Lessons  
3-200 Association Drive,  
Lake Carroll IL 61046

**\*\*Payment of cash, check or credit cards.  
Checks may be written out to Lake Carroll Association.**

*Group Sessions may not be pro-rated.  
No refunds for absences or rain dates.  
Please make checks payable to:  
Lake Carroll Association*



# lake carroll<sup>SM</sup> Instructional Swimming Program

# 2019



Lake Carroll Association adheres to the American Red Cross Swimming and Water Safety Program which is designed to teach people to swim and to help them be safe when they are in, on or around water. Our program covers skills and knowledge in logical progression for aquatic skill development. As participants develop these skills, they will become safer and better swimmers.

### Prerequisites

As a prerequisite for each level students must hold completion certificates from the prior level or demonstrate the completion requirements for the prior level. Specific Completion Requirements for each level are available at [www.golakecarroll.com](http://www.golakecarroll.com) or upon request.

### Preschool - POLLIWOG

Gives young children ages 3-5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

### Level I - GUPPY

Objective: To learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. Also to develop a positive attitude, good swimming habits and safe practices around the water.

### Level II - PIKE

Objective: Give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level II adds to the self-help and basic rescue skills begun in Level I.

### Level III - EEL

Objective: Build on the skills in Level II by providing additional guided practice. Students coordinate the front and back crawl and learn fundamentals of treading water. Students learn rules for head-first entries and begin to learn to enter water headfirst.

### Level IV - STING RAY

Prerequisite: Level III Completion Certificate of Objective: Develop confidence in strokes learned thus far and improve other aquatic skills such as endurance with familiar strokes (front and back crawl) for greater distances. Students continue to build on butterfly and are introduced to elementary backstroke, breaststroke, elements of sidestroke and basics of turning.

### Level V - FISH

Objective: Coordination and refinement of strokes. Students refine performance of all strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase distances. Flip turns on front and back are introduced.

### Level VI - SHARK

Objective: To refine strokes so swimmers can swim with more ease, efficiency, power, and smoothness and over greater distances. This level also introduces fundamentals of diving and fitness swimming.

### Guard Start: Lifeguarding Tomorrow (Session II Only)

Objective: Preparation for children (Ages 11-12 Guard Start I, Ages 13-14 Guard Start II) to become potential lifeguards. Valuable training for any young adult that is in or around water. Includes experience in shallow and deep water rescues, rescue tubes and rescue equipment, underwater search and rescue, rescue breathing, CPR and AED Training.

### A Conducive Learning Environment

We have found through our teaching experience that students make the most progress when we create a learning environment for them with as little distraction as possible. For this reason we ask that parents, guardians and students in other levels respect the privacy of lessons in process. During this time we request that only the students participating in the lesson in progress access the Aquatic Complex.

### Aquatic Complex Policy for Inclement Weather

Safety is our utmost concern during classes. If it is thundering or lightning out classes will be cancelled for indoor and outdoor pool usage. Instructors will do their best to call for cancellations.

### What to Expect

Students and parents/guardians should gather at the entrance to the Aquatic Complex 5 minutes prior to their lesson time and the instructor will escort the class inside. During this time we ask that other students stay free of this area to avoid congestion and confusion. Students should be dressed in their swimwear, including sunscreen application. We prefer that students bring only a towel to lessons. Other personal items are best left with parents/guardians or placed in lockers, if available.

### Class Settings

The following settings are available for instructional swimming to create the most appropriate learning environment for the individual.

**Instructional Group Session**  
**One Week Sessions, Monday - Friday**  
**50 Minute Lessons**  
**Times vary throughout the season**  
**\$28 per Session**

**Private Lesson for One**  
**45 Minutes**  
**\$40 per Lesson**