

Group Swim Lessons



Eight-Week Sessions

Group swim lessons are held throughout the year, for both adults and children. Each lesson is 45-min. in length and can be held in one of our three pools; 80° 25-meter lap pool, 86° exercise pool, and 90° warm water therapy pool.

Selection Guide: To sign up for the following levels, the participant must meet the prerequisites listed below. Swim instructors reserve the right to move a participant to a more appropriate level as necessary.

Parent and Child: Ages 6 months and above

- Parent in the water with the child

Preschool 1: Ages 3-5 years

- Afraid of water
- Little to no swimming experience
- Ability to be in water without parent

Preschool 2: Ages 3-5 years

- All skills can be done with support
- Enter the water independently
- Move 5 yards, submerge to mouth and blow bubbles for 3 seconds, safely exit the water
- Glide on front 2 body lengths, roll to back, float on back for 3 seconds, recover to vertical position

Preschool 3: Ages 3-5 years

- All skills can be executed with assistance
- Glide on front 2 body lengths, roll to back, float on back for 5 seconds, recover to vertical position
- Glide on back 2 body lengths, roll to front, float on front for 5 seconds, recover to vertical position
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front, swim on front for 3 body lengths

Level 1: Ages 6 years and above

- Afraid of water
- Little to no swimming experience

Level 2: Ages 6 years and above

- Enter the water unassisted
- Move 5 yards, bob 5 times to chin level, safely exit the water
- Glide on front with support for 3 seconds, recover to vertical position

Cost:

Members \$192 (\$24/per lesson)

Non-Members \$240 (\$30/per lesson)

Group swim lessons are nonrefundable. Session times may vary.

Level 3: Ages 6 years and above

- Step from the pool side into chest-deep water
- Move into a front float for 5 seconds, roll over to back, float for 5 seconds, return to vertical position
- Move into back float for 5 seconds, roll to front, recover to vertical position
- Push off and swim using a combination of arm and leg actions for 5 body lengths on the front, roll to back, float for 15 seconds, roll to front, swim for 5 body lengths

Level 4: Ages 6 years and above

- Jump into deep water from the pool side
- Swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds, swim elementary backstroke for 15 yards

Level 5: Ages 6 years and above

- Perform a feet-first entry into chest-deep water
- Swim front crawl for 25 yards, change direction, swim elementary backstroke for 25 yards
- Swim breaststroke for 15 yards, change direction, swim back crawl for 15 yards

Level 6: Ages 6 years and above

- Perform a feet-first entry into chest-deep water
- Swim front crawl and elementary backstroke for 50 yards each
- Swim back crawl, breaststroke, butterfly for 25 yards each
- Head first standing dive
- Front facing flip turn

Stroke Technique and Conditioning: Ages 6 years and above

- For those who have completed Level 6 and wish to join a swim team

Adult Beginner: Ages 16 years and above

- Afraid of the water
- Little to no swimming experience

Adult Advanced: Ages 16 years and above

- Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, move back to a back float for 5 seconds, return to a standing position
- Push off and swim using a combination of arm and leg actions for 15 feet on the front
- Push off and swim using a combination of arm and leg actions for 15 feet on back

Stop by the Member Services desk
or call 740-879-4850 to learn more.

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