

**Berkeley Carroll**  
**Spring 2019 Swim Schedule**  
**Children**

**Level 1 (Ages 3-5)**

This class encourages comfort in the water. Children learn to get their face wet, blow bubbles, kick, and float supported. Classes include water games and exercises that are pre-skills to swimming. The child should be independent and able to separate from the caregiver.

Level 1- Week Intensive	March 4, 5, 7, 8	4pm-4:30pm	Patricia	\$120
Level 1- Week Intensive	March 11, 12, 14, 15	4pm-4:30pm	Patricia	\$120
Level 1- Friday	April 5, 12, 26 May 3, 10, 17, 24, 31 June 7, 14, 21, 28	3:30pm-4pm	Taylor	\$360

*Please note we cannot accommodate make-up classes as this increases class size and disrupts class dynamics.*

**Level 2 (ages 3-6)**

Beginners learn the basics of swimming and water safety, while building confidence and having fun in the water. Skills taught include breath control, kicking, bobbing, arm movements, and floating. Pool safety and positive group behaviors are emphasized.

Friday	April 5, 12, 26 May 3, 10, 17, 24, 31 June 7, 14, 21, 28	4pm-4:30pm	Taylor	\$360
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**Level 3 (ages 5-7)**

Students learn to coordinate arm and leg movements swimming independently. Skills taught include streamline kicking, breath control, freestyle, elementary backstroke, dolphin kick, and basic sculling techniques.

Wednesday	April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5, 12, 19, 26	4pm-4:30pm	Montana	\$390
Friday	April 5, 9, 26 May 3, 10, 17, 24, 31 June 7, 14, 21, 28	3:30-4pm	Montana	\$360
Monday	April 1, 8, 15, 22, 29 May 6, 13, 20 June 3, 10, 17, 24	4:30pm	Patricia	\$360

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**Level 4 – Intermediate (ages 5-10)**

Swimmers will learn front and back crawl, rhythmic breathing, butterfly, sidestroke, and essential deep water skills. Emphasis is on deep water confidence, survival floating, treading water, surface diving, and diving from the side.

Wednesday	April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5, 12, 19, 26	4:30pm-5:00pm	Montana	\$390
Monday	April 1, 8, 15, 22, 29 May 6, 13, 20 June 3, 10, 17, 24	4pm-4:30pm	Patricia	\$360

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**Swim Club (ages 7-16)**

This class will focus on building swimmer’s endurance and refining technique for all swimming strokes and turns. Students will also learn how to use starting blocks for competitive swimming.

Tuesday	April 2, 9, 16, 23, 30 May 7, 14, 21, 28 June 4, 11, 18, 25	5:15pm-6pm	Taylor	\$495
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