



# Swim America (CVST - EGGCC)

## "The Best Swim Lessons in the World!"



Registration for this year's SwimAmerica Lesson Program will begin Tuesday, April 5th. Registration will be held as long as spaces are available. All Lessons must be paid in full at the time of registration. **There will be no refunds or changes made for any reason, after the registration is made.** All swimmers in the programs below must be at least 3 years old at the time of their lessons and be Emerald Greens Members, grandchildren of Members, guests of Emerald Greens Members or from the Resort.

### Ask about our Special Group Rates for 5 or More Swimmers!

#### Group Swim Lessons (Stations 1-5)

Initial Class size is limited to six (6). Classes run in two week sessions, Monday thru Thursday and are consist of 8, 1/2 hour sessions. Cost per person is \$95.00 for each session.

#### Group Lesson Sessions:      Times Offered:

- |                      |                |
|----------------------|----------------|
| 1) June 14 - June 24 | 9:00 - 9:30am  |
| 2) June 28 - July 8  | 9:45 - 10:15am |
| 3) July 12 - July 22 |                |

*\*Ask about our special Group Rates for 5 or more swimmers!*

#### Stroke Camp (Stations 6-10\*)

This summer we will again be offering the Stroke Camp. In past summers over 100 kids from 6 years to 13 years participated in the program, many of which are now on the swim team. The camp will be offered to swimmers at the *SwimAmerica* Level 6 and above. The child **MUST** pass the *SwimAmerica* level 6 requirements the first day of class. **If the child cannot pass these requirements on the first day of class, they will be removed from the class with No Refund.** The four competitive strokes, starts, turns and an introduction to competitive swimming will all be covered in this class. The time slot is Monday thru Thursday, from 11:00-11:50am. Each participant in the Stroke Camp will also be encouraged to participate in CVST's Friday Night at the Races, the Friday following the last day of the session. The cost per 2 week session is \$150.00.

#### Stroke Camp Sessions:

- 1) June 14 - June 24
- 2) June 28 - July 8

*\*Stations within the Stroke Camp are combined.*

#### Private Swim Lessons (Stations 1-10)

These classes run in weekly sessions, Monday thru Thursday for thirty (30) minutes. Classes are offered at 1:00, 2:00, 3:00 and 6:00pm during the summer, and individually scheduled on an availability basis during the rest of the year. The cost is \$95.00 per session.

### SwimAmerica Stations

- Station 1 - Bubbles** - Gradual water adaptation; movement in the water; breath holding and release; submersion of the face; opening eyes underwater; bobbing with bubbles and air exchange. Advancement Goals - 10 relaxed bobs.
- Station 2 - Floats & Glides** - Front/back float/glide & recover; Advancement Goals - Front/back Glide & recover.
- Station 3 - Kicking** - Porpoising; front/back/dolphin - kick/glide/recover. Advancement Goals - front/back kick 15 ft.
- Station 4 - Crawl Stroke** - Roll over front/back & back/front; finning and sculling; side/glide/kick (no breath); crawl armstroke. Advancement Goals - side/glide/kick 20 ft.; crawl stk. 20 ft. (no breath).
- Station 5 - Freestyle** - Crawl Stroke w/ breathing; back crawl stroke. Advancement Goals - crawl stk. w/breathing 30 ft.(min. 4 breaths).
- Station 6 - Backstroke** - Extended freestyle swims; tread water; racing start progression. Advancement Goals - freestyle 75 ft.; backstroke 30 ft.; tread water 1 min.
- Station 7 - Breaststroke & Butterfly** - breaststroke kick/swim; butterfly arms/swim; Advancement Goals - backstroke 25 yds.; kick breaststroke 20 ft.
- Station 8 - Turns** - Freestyle w/bilateral breathing; turns. Advancement Goals - freestyle 100 yds. w/bilateral breathing; breaststroke 25 yds.; butterfly 30 ft.
- Station 9 - Lifetime Strokes** - Sidestroke; elementary backstroke. Advancement Goals - freestyle 200 yds.; butterfly 25 yds.; breaststroke 25 yds.; elementary backstroke 50 yds.; sidestroke 50 yds.
- Station 10 - Individual Medley** - Extended swimming & technique refinement in all 4 stks. Advancement Goals - freestyle 300 yds.; backstroke 100 yds.; IM 100 yds.

### Carrollwood Village Swim Team at Emerald Greens

The Carrollwood Village Swim Team at Emerald Greens (CVST) is a seasonal and year-round swim team, affiliated with United States Swimming, Inc. The purpose of CVST is to select, train, and develop swimmers of various ages and abilities, ranging from beginners to nationally ranked competitors. While competition is important, CVST feels that self-discipline, sportsmanship, and team camaraderie that swimming offers will be a life long benefit to all participants. CVST is recognized as having one of the finest programs in the State of Florida. For more information, visit the CVST Website at [www.CVST.org](http://www.CVST.org).



This program is affiliated with the *SwimAmerica* Lesson Program, the fastest growing swim lesson program in the world. This program is sanctioned through the American Swimming Coaches Association, offered by the Carrollwood Village Swim Team, Inc. and sponsored by the Emerald Greens Golf & Country Club.

**For more information call the Katrina Cooke at the Emerald Greens Recreation Center at 813-961-1368 or visit the CVST Web Site Lesson Page at [www.CVST.org](http://www.CVST.org).**