

FALL 2025

AGES 6 MONTHS TO 3 YEARS

(PARENT OR GUARDIAN MUST ACCOMPANY CHILD IN THE WATER)

Tiny Tot	TT	Shallow End	Level 1 & 2: Learn to Demonstrate Skills with the Assistance of the Parent/Guardian: This includes water exploration and water safety in, out, and around the water.
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AGES 3 YEARS TO 4 YEARS

Tadpole	TP	Shallow - Stairs	Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Starfish	SF	Shallow	Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
Squid	SQ	Shallow	Level 3: Stroke Development: Additional guided practice will help students improve their skills.

AGES 5 YEARS TO 14 YEARS

Polliwog	PO	Shallow	Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Advanced Polliwog	AP	Shallow	Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
Minnow	M	Deep End	Level 3: Stroke Development: Additional guided practice will help students improve their skills.
Fish	F	Deep End	Level 4: Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke, and gain additional aquatic skills.
Flying Fish	FF	Deep End	Level 5: Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.
Shark	SH	Deep End	Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

AGES 15 YEARS AND ABOVE

Adult	AD	Shallow End	Level 1 & 2: Introduction to Water Skills with Fundamentals of Different Aquatic Skills: Adults will learn basic swimming skills. Adults will also learn how to feel comfortable in the water and safely enjoy it.
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AQUATICS

CARSON POOL 21436 S. Main Street (310) 830-1053

WEEKDAY SESSION SCHEDULE

Session 1: September 8 - September 11

Session 2: September 15 - September 18

Session 3: September 22 - September 25

Session 4: September 29 - October 2

Session 5: October 6 - October 9

Session 6: October 13 - October 16

Session 7: October 20 - October 23

Session 8: October 27 - October 30

Session 9: November 3 - November 6

Session 10: November 10 - November 13

WEEKDAY SWIM LESSONS

(Monday - Thursday)

Class Time	Class Type	
3:30 p.m. - 4:20 p.m.	TP/SF	TT*
4:30 p.m. - 5:20 p.m.	PO/AP	M
5:30 p.m. - 6:20 p.m.	PO/AP	AD

SWIM CONDITIONING

Dates	Days	Times
September 8 - November 13	M - Th	6:45 p.m. - 8:15 p.m.

LAP SWIMMING

Dates	Days	Times
September 8 - November 13	M - Th	3:30 p.m. - 4:20 p.m.
September 8 - November 13	M - Th	4:30 p.m. - 5:20 p.m.
September 8 - November 13	M - Th	5:30 p.m. - 6:20 p.m.

SATURDAY CLASS SCHEDULE

SATURDAY SESSION SCHEDULE

Session 1: September 13 - October 4

Session 2: October 18 - November 8

AQUA AEROBICS

Dates	Days	Times
September 13 - November 8	Sat	7:30 a.m. - 8:30 a.m.
September 13 - November 8	Sat	8:45 a.m. - 9:45 a.m.

LAP SWIM

September 13 - November 8	Sat	During Lessons
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RECREATIONAL SWIMMING

Dates	Days	Times
September 13 - November 8	Sat	1:15 p.m. - 2:45 p.m.

Class Time	Class Type	
10:00 a.m. - 10:50 a.m.	PO/AP	AD
11:00 a.m. - 11:50 a.m.	PO/AP	M
12:00 p.m. - 12:50 p.m.	TT	TP/SF

PLEASE NOTE THE FOLLOWING:

Tiny Tot Classes are 40 minutes long

NOTE: Carson Pool will be closed on October 11, 2025

AQUA AEROBICS

Ages 16 years old and above

Dates	Days	Times
September 8 - November 26	M/W/Th	7:00 a.m. - 8:00 a.m.

AQUA ZUMBA

Ages 16 years old and above

Dates	Days	Times
September 8 - November 26	M/W	6:00 p.m. - 7:00 p.m.
September 10 - November 26	W	7:00 a.m. - 8:00 a.m.

AQUATIC PROGRAM COST

Program	Resident	Non-Resident	Senior-Resident	Senior-Non-Resident	Veterans SportsComplex (VSC)
Lap Swim	\$4	\$6	n/a	n/a	Free
Aqua-Aerobics	\$4	\$6	Free	\$4	Free
Aqua-Zumba	\$4	\$6	Free	\$4	Free
Recreational Swim	\$1	\$1	n/a	n/a	Free

AQUATIC SWIM LESSON COST

Swim Lesson	Adult	1 st Child	2 nd Child	3 rd Child
Resident	\$47	\$42	\$40	\$38
Non-Resident	\$71	\$63	\$60	\$57

