



# THE PARDEE AQUATICS CENTER

**Your community pool for all your swimming needs!**

Swim Lessons • Adult Lap Swim • Recreational Swim • Solana Beach Swim Masters • Introduction to Masters  
RSD Tri Team • RSD Swim Team • RSD Summer Swim League

## Jump in and learn to swim at Boys & Girls Clubs of San Dieguito Pardee Aquatics Center!

Our certified and trained staff provide students with a positive learning experience as they train, improve, master proper swimming techniques, and practice safety skills. Beginner classes focus on water safety, front/back floats, basic swimming fundamentals, and help students adjust to the water in a comfortable and safe aquatic environment. Lessons progress to more advanced classes that focus on improving all four competitive strokes, refining stroke technique, increasing swimming competency and endurance, and learning rescue skills.

SESSIONS	STARTS	ENDS	REGISTRATION DEADLINE
Session 1	June 19	June 29	June 15
Session 2	July 3	July 13*	June 29
Session 3	July 17	July 27	July 13
Session 4	July 31	August 10	July 27
Session 5	August 14	August 24	August 10

\*No class July 4th. Make-up class on July 7th.

### REGISTRATION

You must complete a separate registration for each individual child. Once you have completed all forms and online payment, your spot will be reserved. If the class is full you will be placed on a waitlist. If the class becomes available, you will be notified the Friday before the session start date. Please email Andy Eaton at [aeaton@bgcsandieguito.org](mailto:aeaton@bgcsandieguito.org) if you have any questions.

Register for classes online at  
[bgcsandieguito.org/programs/aquatics](https://bgcsandieguito.org/programs/aquatics)

### Looking for a combo camp?

We offer a Camp & Swim option! Learn to swim AND participate in Adventure Camp activities at the Harper Clubhouse. See page 19 for more information.

### Financial Assistance

Financial Assistance is available for those who qualify. Scholarship applications must be completed and approved before registration. Please contact Patty Mariscal at [pmariscal@bgcsandieguito.org](mailto:pmariscal@bgcsandieguito.org) for assistance.

# GROUP CLASS DESCRIPTIONS

## TODDLER CLASSES 16 MONTHS - 3 YEARS OLD

*Swim diaper required for all non-potty trained children.*

**SEA TURTLES (Ratio 1:6) \$120:** One adult and one child are in the water together with an instructor. This class emphasizes helping toddlers adjust to the water through fun songs and games. This class runs for 30 minutes Monday through Thursday for two weeks with a ratio not to exceed 6 students per instructor (parent or guardian must be present and in the water).

## PRESCHOOL CLASSES 3-5 YEARS OLD

*Swim diaper required for all non-potty trained children.*

**SAND DOLLAR (Ratio-1:3) \$120:** This transitional class consists of one week of parent and child in the water together and the second with just the child and instructor. This will help ease young new swimmers into a group aquatic environment. This class runs for 30 minutes Monday through Thursday with a ratio not to exceed 3 students per instructor.

**SAND CRAB (Ratio-1:3) \$120:** This class builds confidence in the water while focusing on basic water skills and body position. Beginning freestyle will be introduced, as well as mastering front and back streamlines. This class runs for 30 minutes Monday through Thursday for two weeks, with a ratio not to exceed 3 students per instructor. Swimmer must be able to do a supported back and front float and submerge for 1-3 seconds.

**SEAHORSE (Ratio-1:3) \$120:** This class refines beginning freestyle skills, and increases swimming competency, as well as mastering side breathing for 20 feet. Children are introduced to beginning backstroke. This class runs for 30 minutes Monday through Thursday for two weeks, with a ratio not to exceed 3 students per instructor. Swimmer must be able to do an unsupported back and front float and front and back streamlines.

**SEA STAR (Ratio-1:4) \$120:** This class builds endurance while mastering freestyle technique for 25 yards and refines backstroke for 15 yards. This is the most advanced level for children 3-5 years old. This class runs for 30 minutes Monday through Thursday for two weeks, with a ratio not to exceed 4 students per instructor. Swimmer must be able to do 5 yards of unsupported freestyle with side breathing.

## YOUTH CLASSES 6-10 YEARS OLD

**PENGUIN (Ratio-1:3) \$120:** This class is for beginners and focuses on basic water safety skills and freestyle stroke technique. This class runs for 30 minutes Monday through Thursday for two weeks, with a ratio not to exceed 3 students per instructor.

**OTTER (Ratio-1:4) \$120:** This class focuses on body position and balance, building proficiency in freestyle for 25 yards and backstroke for 25 yards. This class runs for 30 minutes Monday through Thursday for two weeks, with a ratio not to exceed 4 students per instructor. Swimmer must be able to do 15 yards of freestyle.

**SEAL (Ratio-1:5) \$120:** This class focuses on mastering freestyle and backstroke for 50 yards and introduces beginning butterfly. This class runs for 30 minutes Monday through Thursday for two weeks, with a ratio not to exceed 5 students per instructor. Swimmer must be able to do 25 yards of freestyle and backstroke.

**RSD SWIM TEAM PREP (Ratio-1:5) \$120:** This class focuses on increasing competency in all four strokes and safety skills beyond all preceding levels. Emphasis is on building endurance while continuing to improve stroke technique in all strokes. This class prepares swimmers for our Rancho San Dieguito (RSD) Swim Team! This class runs 30 minutes Monday through Thursday for two weeks, with a ratio not to exceed 5 students per instructor. Swimmer must be able to do 50 yards of freestyle and backstroke. Rancho San Dieguito Swimming is our award winning year round swim team with practice groups for children ages 6 to 18. If you are interested in joining the swim team please inquire about tryouts at the aquatics office or email Nicole Douglas at [ndouglas@bgcsandieguito.org](mailto:ndouglas@bgcsandieguito.org)



# SWIM LESSON SCHEDULE

• = class available

SESSION 1 Starts June 19 - Ends June 29 Registration Deadline June 15												
Class Time	Sea Turtle	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	RSD Prep	Pre-Teen	Semi-Private	Private
9:00 - 9:30am		•	•	•		•	•				•	•
9:35-10:05am	•	•	•		•	•	•	•	•			•
10:10-10:40am		•	•	•			•	•	•		•	•
10:45-11:15am												•
4:00-4:30pm	•	•	•			•	•	•	•		•	•
4:35-5:05pm			•	•	•	•	•	•	•			•
5:10-5:40pm	•	•	•	•			•	•	•	•	•	•
5:45-6:15pm			•		•	•	•	•	•			•

SESSION 2 Starts July 3 - Ends July 13 Registration Deadline June 29 (no class July 4, make up class on July 7)												
Class Time	Sea Turtle	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	RSD Prep	Pre-Teen	Semi-Private	Private
9:00 - 9:30am		•	•	•		•	•				•	•
9:35-10:05am	•		•		•	•	•	•	•			•
10:10-10:40am							•	•	•			•
10:45-11:15am												•
4:00-4:30pm	•	•	•			•	•	•	•		•	•
4:35-5:05pm	•	•	•	•		•	•	•	•			•
5:10-5:40pm		•	•	•	•		•	•		•	•	•
5:45-6:15pm		•	•	•		•	•	•	•			•

SESSION 3 Starts July 17 - Ends July 27 Registration Deadline July 13												
Class Time	Sea Turtle	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	RSD Prep	Pre-Teen	Semi-Private	Private
9:00 - 9:30am		•	•	•		•	•				•	•
9:35-10:05am	•		•		•	•	•	•	•			•
10:10-10:40am							•	•	•			•
10:45-11:15am												•
4:00-4:30pm	•	•	•			•	•	•	•		•	•
4:35-5:05pm	•		•	•		•	•	•	•			•
5:10-5:40pm		•	•	•	•		•	•		•	•	•
5:45-6:15pm		•	•	•		•	•	•	•			•

SESSION 4 Starts July 31 - Ends August 10 Registration Deadline July 27												
Class Time	Sea Turtle	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	RSD Prep	Pre-Teen	Semi-Private	Private
9:00 - 9:30am		•	•	•		•	•				•	•
9:35-10:05am	•	•	•		•	•	•	•	•			•
10:10-10:40am		•	•		•		•	•	•		•	•
10:45-11:15am												•
4:00-4:30pm	•	•	•			•	•	•	•		•	•
4:35-5:05pm			•	•		•	•	•	•			•
5:10-5:40pm	•	•	•	•	•		•	•		•	•	•
5:45-6:15pm			•	•		•	•	•	•			•

SESSION 5 Starts August 14 - Ends August 24 Registration Deadline August 10												
Class Time	Sea Turtle	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	RSD Prep	Pre-Teen	Semi-Private	Private
9:00 - 9:30am		•	•	•		•	•					•
9:35-10:05am	•		•			•	•	•	•			•
10:10-10:40am		•	•	•			•	•	•			•
10:45-11:15am												•
4:00-4:30pm	•	•	•			•	•	•	•		•	•
4:35-5:05pm			•	•	•		•		•			•
5:10-5:40pm		•		•		•	•	•	•	•	•	•
5:45-6:15pm			•		•	•	•	•	•			•

# SEMI/PRIVATE LESSONS

## PRIVATE LESSON • RATIO: 1:1 • \$270

A one-on-one lesson with our experienced instructors tailored to your child's individual needs. Get the best personalized instruction with these lessons. The lessons run for 30 minutes Monday through Thursday for two weeks.

## SEMI-PRIVATE LESSON • RATIO: 1:2 • \$180 per child

Students must know one another, patrons are responsible for finding a partner. Both swimmers must fall in the same age groups either 3-5 or 6-10. Swimmers should also be of similar swimming ability. The lessons run for 30 minutes Monday through Thursday for two weeks.

## PRE-TEEN LESSON • RATIO: 1:4 • \$130

This class is for beginning to intermediate swimmers (11-15 years of age) who are interested in learning to swim with a group of their peers. Class will focus on water safety, stroke development and technique. This class runs for 30 minutes Monday through Thursday for two weeks.



# ADDITIONAL AQUATICS PROGRAMS

Visit [rdsdswimming.org](http://rdsdswimming.org) for more information and to register.



### RSD Summer League

A summer swim league designed for the novice swimmer, serving as a fun introduction to the world of competitive swimming. Swimmers ages 5-14 who can demonstrate 50 yards of unassisted freestyle without stopping in under 2 minutes and 15 seconds are welcome to join the league. Summer league is coached by RSD's USA Swimming certified coaches.



### RSD Swim Team

Rancho San Dieguito Swim Team offers high quality, year-round competitive swimming with a dedicated and professional coaching staff. RSD emphasizes stroke technique, training, and instruction for young athletes of all abilities. Interested participants must be 6 years of age or older and pass a swimming skills evaluation prior to joining the team.



### RSD Tri Team

RSD Tri Team is a fun introduction to the world of competitive triathlons. We will introduce participants to triathlons and instill solid fundamentals in all three sports; swimming, biking, and running. Tri Team members will swim with their RSD swim team level group and have additional running/biking workouts offered two times a week. RSD's Tri Team is coached by Deon Lourens a USA Triathlon Level 2 coach.



### Adult Lap and Masters Swimming

The Pardee Aquatic Center isn't just for kids, we offer lap swimming and coached USA Masters work outs for adults of all ages. We even offer a unique Introduction to Masters practice with more focus on stroke development and swimming fundamentals. You can find our lap schedule, Masters practice times and registration at [bgcsandieguito.org/programs/aquatics](http://bgcsandieguito.org/programs/aquatics).

**Pardee Aquatics Center • (858) 755-4904**

[www.bgcsandieguito.org](http://www.bgcsandieguito.org) • 533 Lomas Santa Fe Drive, Solana Beach, CA 92075

Our Pardee Aquatics Center differentiates us from most youth, athletic and after school centers in San Diego County. The Center is comprised of two regulation length 25 yard pools. Our competition pool has 10 lanes set at 78° and our recreational pool has 6 lanes, set at 84°. You can also enjoy our snack shop fully stocked with healthy food and drink options. We have on site indoor and outdoor showering facilities and fully equipped indoor locker rooms and changing areas.