



Spring Swim Lessons Brochure

Effective 3/05/2016-5/22/2016



Prices: Group lessons: \$20 Per Lesson Private Lessons: \$35 Per Lesson

Ratios are teacher to student.

PRIVATE LESSONS: One-on-one instruction with one of our experienced instructors.

PRE-SCHOOL CLASSES (3-5 years)

SAND DOLLAR/SAND CRAB: (Ratio 1:3) This class is for beginners and focuses on water safety, confidence in the water, basic water skills and essential body position. Components of freestyle will be introduced, with main emphasis on streamlines and front and back floats.

SEA HORSE: (Ratio 1:3) Children will refine beginner strokes and increase swimming competency, be able to swim 20 feet and practice water safety.

YOUTH CLASSES (6 YEARS AND UP)

PENQUIN: (Ratio 1:3) Class for beginners with emphasis on basic water and safety skills while learning stroke techniques.

OTTER: (Ratio 1:4) Swimmers learn freestyle, side breathing, body position and balance. Skills include learning freestyle and backstroke, survival floating and deep-water orientation.

YOUTH CLASSES CONTINUED (6 YEARS AND UP)

SEAL: (Ratio 1:5) This class expands stroke technique. Teaches the fundamentals of backstroke, jumping in deep water with a life jacket, learning self-rescue skills and how to help others. Increase swimming distance to 50 yards.

RSD PREP: (Ratio 1:5) Children learn competency in strokes and safety skills beyond all preceding levels. Emphasis is on building endurance while they continue refinement of freestyle and backstroke. learning the breaststroke. Children will develop maximum efficiency and endurance for strokes, rescue skills, dives and treading water. Introduces Breaststroke and Butterfly and prepares swimmers for our RSD Swim Team!

JUNIOR LIFEGUARD CLASSES (7 YEARS AND UP)

Completing requirements will pass student for guard swim tests.

LITTLE LIFEGUARD PREP: (Ratio 1:4 ages 7-8) Prepares children ages 7-8 for the beach junior lifeguard summer program. This group focuses on the test requirements and basic swimming skills for area junior lifeguard programs.

JUNIOR LIFEGUARD PREP: (Ratio 1:5 ages 9+) Prepares children ages 9+ for the beach Junior lifeguard summer programs. This group focuses on test requirements and swimming endurance for ocean swimming

Weekend Times:	Saturday	Saturday	Sunday	Sunday
10:00-10:30am	Junior Lifeguard Prep	Private	Junior Lifeguard Prep	Private
10:35-11:05am	Private	Private	Private	Private
11:10-11:40am	Private	Private	Private	Private
12:15-12:45pm	Junior Lifeguard Prep	RSD Prep	Junior Lifeguard Prep	RSD Prep
12:50-1:20pm	Junior Lifeguard Prep	Seal	Junior Lifeguard Prep	Seal
1:25-1:55pm	Otter	Penguin	Otter	Penguin
2:00-2:30pm	Little Lifeguard Prep	Sea Horse	Sand Dollar/Sand Crab	Sea Horse

Directions for registration: All swim lesson participants must register for classes online with the EZ Facility program. Please register with EZ Facility by visiting www.bgcsandieguito.org, click **Aquatics, Spring Swim Lessons**. *Please register each child separately.* There are no refunds once lessons are paid for. You may only receive a credit. There will be no credit given for classes canceled less than 48 hours in advance. Weekend lessons must be canceled the Thursday before your scheduled lesson. There will be limited spots available for each group swim lesson. Swim diapers are mandatory for all children that are not completely potty trained. **Please call 858-755-4904 for any questions.**