



# Spring Weekday Swim Lessons

Effective 03/06/2017-06/15/2017

**Prices:** *Group lessons:* \$60 Per four lesson session

## YOUTH CLASSES (6 YEARS AND UP)

**OTTER:** (Ratio 1:4) Class meets 3:15-3:45. Swimmers learn freestyle, side breathing, body position and balance. Skills include learning freestyle and backstroke, survival floating and deep-water orientation.

**SEAL:** (Ratio 1:5) Class meets 3:50-4:20. This class expands stroke technique improving freestyle endurance and proficiency. Teaches the fundamentals of backstroke and butterfly, 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) Class meets 4:25-4:55. Children learn competency in strokes and safety skills beyond all preceding levels. Emphasis is on building endurance while they continue refinement of freestyle, backstroke, butterfly and 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!

These classes run for two consecutive weeks and there are two options for class dates. Either Monday and Wednesday or Tuesday and Thursday. Participants are not able to move between the Monday/Wednesday classes and the Tuesday/Thursday classes.

Classes	Monday/Wednesday Dates	Tuesday/Thursday Dates
<b>Otter</b> 3:15-3:45	March 6, 8, 13, 15	March 7, 9, 14, 16
<b>Seal</b> 3:50-4:20	March 27, 29, April 3, 5	March 28, 30, April 4, 6
	April 10, 12, 17, 19	April 11, 13, 18, 20
<b>RSD Prep</b> 4:25-4:55	May 1, 3, 8, 10	May 2, 4, 9, 11
	May 15, 17, 22, 24	May 16, 17, 23, 25
	June 5, 7, 12, 14	June 6, 8, 13, 15

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](http://www.bgcsandieguito.org), click **Aquatics, Fall 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.**