



YOUR COMMUNITY POOL FOR ALL YOUR SWIMMING NEEDS!

Swim Lessons • RSD Swim Team • RSD Summer League • Lap Swim • Recreational Swim • Solana Beach Swim Masters • Intro to Masters

Our certified and trained staff provide students with a positive learning experience as they train, develop, and improve proper swimming techniques and practice water 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 17 | June 27 | June 13 |
| Session 2 | July 1* | July 12 | June 27 |
| Session 3 | July 15 | July 25 | July 11 |
| Session 4 | July 29 | August 8 | July 25 |
| Session 5 | August 12** | August 15 | August 8 |
| Session 6 | August 19** | August 22 | August 15 |

*No class July 4th, make up class Friday, July 12th

**One week only, except for Camp & Swim. Session 5 and 6 are 50% off price due to shorter session.

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 18 for more information.

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 wait list. If the class becomes available, you will be notified the Friday before the session start date. Please email Andy Eaton at aeaton@bgcsandieguito.org if you have any questions.

Register for classes online at bgcsandieguito.org/programs/aquatics

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 for assistance.

GROUP CLASS DESCRIPTIONS

TODDLER CLASSES 16 MONTHS - 3 YEARS OLD

Swim diaper required for all non-potty trained children.

SEA TURTLE (RATIO 1:6) \$125

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) \$125

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) \$125

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) \$125

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) \$125

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) \$125

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) \$125

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) \$125

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 50 yards of freestyle and backstroke.

RSD SWIM TEAM PREP (RATIO-1:5) \$125

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 100 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 Paul Mazzarelle at pmazzarelle@bgcsandieguito.org.



GROUP & PRIVATE LESSONS SCHEDULE

Click on a dot to register

| class time | sea turtle | sand dollar | sand crab | seahorse | sea star | penguin | otter | seal | RSD prep | pre-teen | semi-private | private |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| SESSION 1 starts June 17 - ends June 27 registration deadline June 13 | | | | | | | | | | | | |
| 9:00 - 9:30am | | . | . | . | | . | . | . | | | . | . |
| 9:35-10:05am | | . | . | . | . | | . | . | . | | | . |
| 10:10-10:40am | | | . | . | . | . | | | . | . | . | . |
| 10:45-11:15am | CAMP & SWIM | | | | | | | | | | | |
| 4:00-4:30pm | . | | . | . | | . | . | . | . | | | . |
| 4:35-5:05pm | | . | . | | . | . | . | . | . | | . | . |
| 5:10-5:40pm | | . | . | . | | . | . | | . | . | | . |
| 5:45-6:15pm | | . | . | | . | . | . | . | . | . | | . |
| SESSION 2 starts July 1 - ends July 12 registration deadline June 27 (no class July 4, make up class on July 12) | | | | | | | | | | | | |
| 9:00 - 9:30am | | . | . | . | | . | . | . | | | . | . |
| 9:35-10:05am | | . | . | . | . | | . | . | . | | | . |
| 10:10-10:40am | | | | | | . | . | . | . | . | | |
| 10:45-11:15am | CAMP & SWIM | | | | | | | | | | | |
| 4:00-4:30pm | . | . | . | . | | . | . | . | . | | | . |
| 4:35-5:05pm | | . | . | | . | . | . | . | . | | . | . |
| 5:10-5:40pm | | . | . | . | | . | . | | . | . | . | . |
| 5:45-6:15pm | | . | . | | . | . | . | . | . | . | | . |
| SESSION 3 starts July 15 - ends July 25 registration deadline July 11 | | | | | | | | | | | | |
| 9:00 - 9:30am | | . | . | . | | . | . | . | | | . | . |
| 9:35-10:05am | | . | . | . | . | | . | . | . | | | . |
| 10:10-10:40am | | | | | | . | . | . | . | . | | |
| 10:45-11:15am | CAMP & SWIM | | | | | | | | | | | |
| 4:00-4:30pm | . | | . | . | | . | . | . | | . | | . |
| 4:35-5:05pm | | | . | . | . | . | . | . | . | | . | . |
| 5:10-5:40pm | | . | . | . | | . | . | | . | . | | . |
| 5:45-6:15pm | | . | . | | . | . | . | . | . | | | . |
| SESSION 4 starts July 29 - ends August 8 registration deadline July 25 | | | | | | | | | | | | |
| 9:00 - 9:30am | | | . | . | . | . | . | . | | | . | . |
| 9:35-10:05am | | . | . | . | . | | . | . | . | | | . |
| 10:10-10:40am | | . | . | . | | . | . | | . | . | . | . |
| 10:45-11:15am | CAMP & SWIM | | | | | | | | | | | |
| 4:00-4:30pm | . | | . | . | | . | . | . | . | | | . |
| 4:35-5:05pm | | . | . | | . | . | . | . | . | | . | . |
| 5:10-5:40pm | | . | . | . | | . | . | | . | . | | . |
| 5:45-6:15pm | | . | . | | . | . | . | . | . | | | . |
| SESSION 5 starts August 12 - ends August 15 registration deadline August 8 (one week only except for camp & swim) | | | | | | | | | | | | |
| 9:00 - 9:30am | | | . | . | | . | . | . | | | | . |
| 9:35-10:05am | | | . | . | . | | . | . | . | | | . |
| 10:10-10:40am | | . | . | . | | . | . | . | . | | | |
| 10:45-11:15am | CAMP & SWIM | | | | | | | | | | | |
| 4:00-4:30pm | | | . | . | | . | . | . | . | | | . |
| 4:35-5:05pm | | | . | | . | | . | . | . | | . | . |
| 5:10-5:40pm | | . | . | . | | . | . | | . | . | | . |
| 5:45-6:15pm | | . | . | | . | . | . | . | . | | | . |
| SESSION 6 starts August 19 - ends August 22 registration deadline August 15 (one week only except | | | | | | | | | | | | |
| 9:00 - 9:30am | | | . | . | | . | . | . | | | | . |
| 9:35-10:05am | | | . | . | . | | . | . | . | | | . |
| 10:10-10:40am | | . | . | . | | . | . | . | . | | | |
| 10:45-11:15am | CAMP & SWIM | | | | | | | | | | | |
| 4:00-4:30pm | | | . | . | | . | . | . | . | | | . |
| 4:35-5:05pm | | | . | | . | | . | . | . | | . | . |
| 5:10-5:40pm | | . | . | . | | . | . | | . | . | | . |
| 5:45-6:15pm | | . | . | | . | . | . | . | . | | | . |

SEMI / PRIVATE LESSONS

PRIVATE LESSON (RATIO: 1:1) \$275

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) \$185 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 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.



ADULT LAP & MASTERS SWIMMING

The Pardee Aquatic Center isn't just for kids, we offer lap swimming and coached USA Masters workouts 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.

PARDEE AQUATICS CENTER • (858) 755-4904

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.