



Spring Weekday Swim Lessons

Effective 3/4/2019-5/23/2019

Prices: *Group lessons:* \$65 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 100 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
Otter 3:15-3:45	March 4, 6, 11, 13	March 5, 7, 12, 14
Seal 3:50-4:20	March 18, 20, 25, 27	March 19, 21, 26, 28
RSD Prep 4:25-4:55	April 1, 3, 8, 10	April 2, 4, 9, 11
	April 22, 24, 29, May 1	April 23, 25, 30, May 2
	May 13, 15, 20, 22	May 14, 16, 21, 23

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 cancelled less than 48 hours in advance. Weekday lessons must be cancelled 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.**