



Winter Weekend Swim Lessons

Effective 1/11/2020-4/5/2020



Prices: Group Lessons: \$22 per lesson, Semi-Private Lesson: \$25.00 per child/lesson, Private Lesson: \$35.00 per lesson

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

SEMI-PRIVATE LESSON: Two-on-one instruction with one of our experienced instructors. Participants must know one another and be of similar swimming ability.

PRE-SCHOOL CLASSES (3-5 years old)

SAND CRAB: (ratio 1:3) this class is for beginner swimmers and focuses on confidence in the water, basic water skills, and essential stroke body positions. Components of freestyle & backstroke, floating on front and back, gliding and kicking will be introduced.

Emphasis placed on safe water submersion and depth comfortability.
Swimming distance 6 yards (1/4 of pool) 30 minutes

SEA HORSE: (Ratio 1:3) Swimmers will refine beginning strokes with techniques such as front arm pulls, rolling over for breathing whilst kicking. Refining back kicking with arm pulls, while practicing back balance without sinking. Introduction to sitting dives. Jumping from the side of pool and returning to wall unassisted.

Swimming distance 6-12.5 yards (1/2 length of pool) 30 minute lesson

YOUTH CLASSES (6 years -12 years)

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. Back stroke, balancing on back, kicking & arm pull. Intro to the dolphin kick, sitting dives, flip/ open turns. Swimming distance 25 yards (1 length)

SEAL: (Ratio 1:5) this class expands stroke technique improving freestyle & back stroke endurance/proficiency. Skills include the butterfly, intro to the breast stroke kick & kneeling/standing dives. Swimming distance is 50 yards (2 lengths)

RSD PREP: (Ratio 1:5) Emphasis is on building endurance while continuing refinement of freestyle, backstroke, and butterfly. Introduced is the breast stroke, treading water technique's and diving. This class prepares swimmers for our RSD Swim Team! Swimming distance is 75-100 yards (3-4 lengths) 30 minutes

PRE TEEN: (Ratio 1:4) This class is for beginning to novice swimmers who are interested in learning the basic components of the four swim strokes (freestyle, backstroke, breaststroke & butterfly) with a group of their peers. The class curriculum will focus on stroke development, water safety and technique. Swimming distance 25 yards (1 length of pool) 30 minute lesson (ages 12-14 yrs)

Weekend Times	Saturday	Saturday	Sunday	Sunday
10:00-10:30am	Private	Private	Private	Private
10:35-11:05am	Sand Crab	Sea Horse	Sand Crab	Sea Horse
11:10-11:40am	Semi-Private	Sea Star	Semi-Private	Sea Star
11:45 am-12:15 pm	Private	Private	Private	Private
12:20 pm-12:50 pm	Semi-Private	Private	Semi-Private	Private
12:55 pm-1:25 pm	Pre-Teen	Private	Pre-Teen	Private
1:30 pm-2:00 pm	Penguin	Otter	Penguin	Otter
2:05 pm-2:35 pm	Seal	RSD Prep	Seal	RSD Prep

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, Winter2020 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. Weekend lessons must be cancelled the Thursday before your scheduled lesson. **There will be limited spots available for each group swim lesson.** Please call 858-755-4904 or email Patty Mariscal at pmariscal@bgcsandieguito.org for any questions.