



## SUMMER SWIM LESSONS

Our certified and trained staff provide swimmers 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 swimmers 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	Monday Thru Thursday	Registration Deadline	Holiday, No Lesson	Total Lessons
Session 1	June 12, 13, 14, 15, 20, 21, 22	June 8	June 19	7 Lessons
Session 2	June 26, 27, 28, 29 July 3, 5, 6	June 22	July 4	7 Lessons
Session 3	July 10, 11, 12, 13, 17, 18, 19, 20	July 6	—	8 Lessons
Session 4	July 24, 25, 26, 27, 31 August 1, 2, 3	July 20	—	8 Lessons

FEES	Group Lessons	Semi-Private	Private
SESSION 1 & 2	\$168	\$210	\$301
SESSION 3 & 4	\$192	\$240	\$344

Financial Assistance is available for qualifying swimmers. Applications must be completed and approved before registration can be completed. For further assistance, please contact our aquatics office listed below.

All classes run for 30 minutes Monday–Thursday

## GROUP CLASSES

### PRESCHOOL CLASSES 3-5 YEARS OLD

Swim diaper required for all non-potty trained children.

#### SAND DOLLAR (Ratio-1:3)

This class is for beginners that don't like the water/putting their faces into the water. We focus on confidence in the water. Components of floating on back and front, gliding and kicking will be introduced. Emphasis placed on getting face wet and submersion. *Swim goal by end of session: distance of 5 yards.*

#### SAND CRAB (Ratio-1:3)

This class is for beginner swimmers that like being in the water. We focus on confidence in the water, basic water skills, and essential stroke body positions. Components of freestyle and backstroke, floating on back and front, gliding and kicking will be introduced. Emphasis placed on safe water submersion and depth comfortability. *Swim goal by end of session: distance of 5 yards.*

#### SEAHORSE (Ratio-1:4)

Swimmers will continue to improve with techniques such as front arm pulls, rolling over for breathing whilst kicking. Continue to home in on back kicking with arm pulls, while practicing back balance without sinking. *Swim goal by end of session: distance of 12.5 yards.*

#### SEA STAR (Ratio-1:4)

This class builds endurance while refining freestyle and backstroke. Introduction to the butterfly kick, open turns, and treading water. This is the most advanced class for this age group. *Swim goal by end of session: distance of 25 yards (1 length of pool).*

### YOUTH CLASSES 6-11 YEARS OLD

#### PENGUIN (Ratio-1:4)

This class is for beginner swimmers and focuses on confidence in the water, basic water skills, and essential stroke body positions. Components of freestyle and backstroke, floating on back and front, gliding and kicking will be introduced. Emphasis placed on safe water submersion and depth comfortability.

#### OTTER (Ratio-1:4)

Swimmers will learn freestyle techniques such as side breathing, body position, and proper balance, followed by backstroke techniques such as back balance kicking, arm pulls and open turns. *Swim goal by end of session: distance of 25 yards (1 pool length).*

#### SEAL (Ratio-1:5)

This class expands stroke techniques such as improving freestyle and backstroke endurance/proficiency Butterfly, breaststroke kick and diving will be introduced in this level. While continuing to work on flip turn/open turns proficiency. *Swim goal by end of session: distance of 50 yards (2 pool lengths).*

#### SHARK (Ratio-1:5)

Focuses and emphasizes endurance building while continuing the refinement of freestyle, backstroke, and butterfly skills. Breaststroke and treading water techniques are introduced. This class prepares swimmers for RSD Swim Team! *Swim goal by end of session: distance of 75-100 yards (3-4 lengths of pool).*

### T(W)EEN CLASSES 12-15 YEARS OLD

#### TWEEN/TEEN (Ratio-1:5)

This class is for novice swimmers. This class expands stroke techniques such as improving freestyle and backstroke endurance/proficiency Butterfly, breaststroke kick and diving will be introduced in this level. While continuing to work on flip turn/open turns proficiency. *Swim goal by end of session: distance of 50 yards (2 pool lengths).*

## PRIVATE & SEMI-PRIVATE LESSONS

#### PRIVATE LESSON (RATIO: 1:1)

A one-on-one lesson with our experienced instructor tailored to your child's individual swimming needs.

#### SEMI-PRIVATE LESSON (RATIO: 1:2)

This class is taught in pairs, its required that the student finds a swimming partner. BOTH STUDENTS MUST FALL UNDER THE SAME SWIMMING ABILITY. This class is tailored to the students swimming needs.



### Sunday Parent & Tot Class 18 months - 36 months (Ratio-1:6)

**NEW!**

Adult and child are in the water with the instructor. This class emphasizes helping young swimmers adjust to the water while having fun with songs and water activities. Adult participation is required for class attendance. This class runs for 30 minutes once a week. Swim diaper required for all non-potty-trained children.

Two sessions available  
(3 Sundays each session)

June 18, 25, July 2	\$72	11:20-11:50am
July 16, 23, 30		

• = class available

<b>SESSION 1 Lesson Dates: June 12, 13, 14, 15, 20, 21, 22</b>											
											Registration closes on Thursday, June 8
Class Time	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private
9:40-10:10am	•	•	•		•	•					
10:15-10:45am				•			•	•		•	•
10:50-11:20am	CAMP & SWIM										
11:25-11:55am	CAMP & SWIM										
12:00-12:30pm	CAMP & SWIM										
4:00-4:30pm	•	•	•		•	•				•	•
4:35-5:05pm				•	•		•	•	•		•
5:10-5:40pm	•	•	•		•	•				•	•
5:45-6:15pm					•	•	•	•		•	•
6:20-6:50pm											•
<b>SESSION 2 Lesson Dates: June 26, 27, 28, 29, July 3, 5, 6</b>											
											Registration closes on Thursday, June 22
Class Time	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private
9:40-10:1am	•	•	•		•	•					
10:15-10:45am				•			•	•		•	•
10:50-11:20am	CAMP & SWIM										
11:25-11:55am	CAMP & SWIM										
12:00-12:30pm	CAMP & SWIM										
4:00-4:30pm	•	•	•		•	•				•	•
4:35-5:05pm				•	•		•	•	•		•
5:10-5:40pm	•	•	•		•	•				•	•
5:45-6:15pm					•	•	•	•		•	•
6:20-6:50pm											•
<b>SESSION 3 Lesson Dates: July 10, 11, 12, 13, 17, 18, 19, 20</b>											
											Registration closes on Thursday, July 6
Class Time	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private
9:40-10:10am	•	•	•		•	•					
10:15-10:45am				•			•	•		•	•
10:50-11:20am	CAMP & SWIM										
11:25-11:55am	CAMP & SWIM										
12:00-12:30pm	CAMP & SWIM										
4:00-4:30pm	•	•	•		•	•				•	•
4:35-5:05pm				•	•		•	•	•		•
5:10-5:40pm	•	•	•		•	•				•	•
5:45-6:15pm					•	•	•	•		•	•
6:20-6:50pm											•
<b>SESSION 4 Lesson Dates: July 24, 25, 26, 27, 31, August 1, 2, 3</b>											
											Registration closes on Thursday, July 20
Class Time	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private
9:40-10:10am	•	•	•		•	•					
10:15-10:45am				•			•	•		•	•
10:50-11:20am	CAMP & SWIM										
11:25-11:55am	CAMP & SWIM										
12:00-12:30pm	CAMP & SWIM										
4:00-4:30pm	•	•	•		•	•				•	•
4:35-5:05pm				•	•		•	•	•		•
5:10-5:40pm	•	•	•		•	•				•	•
5:45-6:15pm					•	•	•	•		•	•
6:20-6:50pm											•

# REGISTRATION

## Details & Questions

**A separate registration form is required for each child.**

Once all forms and online payments are completed, a spot will be reserved for the respective class. If the class is full, the child will be placed on a waiting list and notified the Friday before the beginning of the swim session. Please contact Aquatics Coordinator Patty Mariscal at [pmariscal@bgcSanDieguito.org](mailto:pmariscal@bgcSanDieguito.org) or Swim Instructor Assistant Jade Thompson at [jthompson@bgcSanDieguito.org](mailto:jthompson@bgcSanDieguito.org) for any further questions regarding registration.

Register at [bgcSanDieguito.org/swim-lessons](http://bgcSanDieguito.org/swim-lessons)

## How To Register

Registration is online at [bgcSanDieguito.org/swim-lessons](http://bgcSanDieguito.org/swim-lessons)  
**Under the swim lessons section:**

- Select the desired class type and session from the registration chart.
- You will select the time of your class on the next step.

**You will be redirected to the registration page:**

- Scroll down to "SWIM LESSON NAME", click on the drop arrow, and select the desired class time.
- You must register each child individually per session.



# POLICIES

## Refunds

Cancellation Timeline	Cancellation Policy
15 days or longer before program start date	100% credit to be used for future swim lesson or fully refunded
10-15 days before program start date	100% credit to be used for future swim lesson or 50% refund
10 days or less before program start date	No credit or refund

We do not offer credits/refunds for missed classes due to other sports, activities, or vacations. Full or partial refunds for medical reasons are available on a case by case basis with a doctor's note. Credit issued in this instance based on availability.

## Waitlist

If you are interested in a swim class that's full, you will need to register your child to be placed on the waitlist.

To complete the registration, you must input your credit card information. You will receive an email saying "Your registration has been sent. Please note: You have been placed on the waitlist and your credit card has NOT been charged at this time". You will not receive an invoice until you are off the waitlist.

## Make-Up Classes

We do not offer make-up classes for missed classes.



**Pardee Aquatics Center • (858) 755-4904**  
**[aquatics@bgcSanDieguito.org](mailto:aquatics@bgcSanDieguito.org) • [bgcSanDieguito.org](http://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.