



THE PARDEE AQUATICS CENTER

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	Lesson Days Monday - Thursday	Registration Deadline	Holiday, No Lesson	Total Lessons
Session 1	June 10, 11, 12, 13, 17, 18, 20	June 5	June 19	7 Lessons
Session 2	June 24, 25, 26, 27 July 1, 2, 3	June 19	July 4	7 Lessons
Session 3	July 8, 9, 10, 11, 15, 16, 17, 18	July 3	—	8 Lessons
Session 4	July 22, 23, 24, 25, 29, 30, 31, August 1	July 17	—	8 Lessons

FEES	Group Lessons	Semi-Private	Private
SESSION 1 & 2	\$182	\$210	\$322
SESSION 3 & 4	\$208	\$240	\$368

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.

GROUP CLASSES

All classes run for 30 minutes Monday–Thursday

PRESCHOOL CLASSES 3–5 YEARS OLD

Swim diaper required for all non-potty trained children.

SAND DOLLAR (Ratio-1:3)

This beginner class is designed for those uncomfortable in the water and reluctant to put their faces in. Our focus is on building water confidence. Students learn assisted floating and kicking on their front and back, and gradually become comfortable with submerging and getting their faces wet. The class takes place in the shallow end, and students may attend multiple sessions before advancing to the next level. The goal is to transition to the Sand Crab class, where face submersion is a requirement.

SAND CRAB (Ratio-1:3)

This beginner swim class is designed for those who enjoy being in the water but need assistance. Students learn assisted floating, gliding, kicking, and front arm strokes. They are introduced to assisted back floating, kicking, and rolling over to breathe. Emphasis is on practicing prone skills with their faces in the water, front arm strokes, back floating, and rolling over to breathe. The goal is to swim 5 yards with arm pulls and roll over unassisted to progress to the Seahorse class. Students may attend multiple sessions as needed. Class is taught in the shallow end.

SEAHORSE (Ratio-1:3)

This class is tailored for independent swimmers who enjoy being in the water and require minimal assistance. Students focus on refining skills like front-arm pulls and rolling over for breathing while kicking. They'll also work on back kicking with arm pulls and practice back balance without sinking. The class includes an introduction to sitting dives and jumping from the poolside, returning unassisted to the wall. The goal is to swim 10 yards unassisted to advance to the Sea Star class. Instruction takes place in the shallow end.

SEA STAR (Ratio-1:4)

In this class, swimmers will master freestyle techniques including side breathing, stream-line position, and proper balance, as well as backstroke techniques like back balance kicking and arm pull. They'll progress to swimming the width of the pool (15 yards), starting from the wall. The objective is to swim 25 yards to advance to the Otter class. Instruction is conducted in the deep end.



Sunday Parent & Tot Class

18 months – 36 months

(Ratio-1:8) 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.

(4 Sundays) June 16, June 23, June 30, July 14	\$104	11:00am-11:30am
--	-------	-----------------

GROUP CLASSES

YOUTH CLASSES 6-12 YEARS OLD

PENGUIN (Ratio-1:4)

This beginner swim class builds water confidence while introducing freestyle and backstroke fundamentals. Students learn floating, gliding, kicking, arm pulls, and rolling to breathe. Starting at 12.5 yards, the goal is to reach 25 yards. Instruction is provided in both shallow and deep ends to ensure comprehensive skill development.

OTTER (Ratio-1:4)

Swimmers develop freestyle and backstroke techniques, including side breathing, streamline position, and proper balance. They also learn backstroke skills like back balance kicking and arm pulls. Open turns/flip turns are introduced. Starting at 25 yards, the goal is to reach 50 yards. Instruction takes place in the deep end, and students may require multiple sessions to master the skills.

SEAL (Ratio-1:5)

This class enhances stroke techniques, focusing on improving freestyle and backstroke endurance and proficiency. Swimmers are introduced to the butterfly and breaststroke kick, as well as treading water with an eggbeater and performing standing dives. Starting at 50 yards, the goal is to achieve 75 yards.

SHARK (Ratio-1:5)

This class emphasizes endurance building while refining freestyle, backstroke, and butterfly strokes. Swimmers are introduced to breaststroke arms and timing, as well as treading water with an eggbeater and competitive dives. Starting at 50 yards, the goal is to reach 100 yards.



TEEN CLASS 13-15 YEARS OLD

(Ratio-1:5)

This class is for novice swimmers and focuses on enhancing stroke techniques, particularly improving freestyle and backstroke endurance and proficiency. It introduces the butterfly and breaststroke kick, along with teaching treading water using an eggbeater technique. Starting at 25 yards, the goal is to reach 75 yards.

JR. LIFEGUARD PREP 9-17 YEARS OLD

(Ratio-1:4)

This class is designed to prepare students for the Jr. Lifeguard swim test requirements. The focus is on refining freestyle techniques for the 100-yard timed swim, as well as improving treading skills for the 3-minute treading water test and the 5-yard underwater swim test.



PRIVATE & SEMI-PRIVATE LESSONS

PRIVATE/SEMI 3-15 YEARS OLD

PRIVATE LESSON (RATIO: 1:1)

A one-on-one private swimming lesson featuring personalized instruction with experienced instructors to meet your child's specific swimming needs.

SEMI-PRIVATE LESSON (RATIO: 1:2)

A two-on-one lesson tailored to the students' swimming needs. Parents must find a swimming partner with the same swimming ability for this class. Do not register your child if they do not have a swimming partner.



Tuesday/Thursday Only Private Lessons

June 11, June 13, June 18, June 20, June 25, June 27, July 2	\$322	9am-9:30am
July 9, July 11, July 16, July 18, July 23, July 25, July 30, August 1	\$368	

• = class available

SESSION 1 Lesson Dates: June 10, 11, 12, 13, 17, 18, 20 No Lessons on June 19 (Holiday)													
Class Time	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private	Jr. LGP	Sea Turtle
9:00am-9:30am											• T/THU Only		
9:40am-10:10am	•	•	•		•						•		
10:15am-10:45am						•	•	•		•	•		
11:00am-11:30am													• Sunday Only
10:50am-11:20am	CAMP & SWIM												
11:25am-11:55am													
12:00pm-12:30pm													
4:00pm-4:30pm	•	•	•	•	•					•	•		
4:35pm-5:05pm					•	•	•	•	•		•		
5:10pm-5:40pm		•	•		•	•				•	•		
5:45pm-6:15pm					•	•	•	•			•	•	
6:20pm-6:50pm											•		
SESSION 2 Lesson Dates: June 24, 25, 26, 27 July 1, 2, 3 No Lessons on July 4 (Holiday)													
Class Time	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private	Jr. LGP	Sea Turtle
9:40am-10:10am	•	•	•		•						•		
10:15am-10:45am						•	•	•		•	•		
10:50am-11:20am	CAMP & SWIM												
11:25am-11:55am													
12:00pm-12:30pm													
4:00pm-4:30pm	•	•	•	•	•					•	•		
4:35pm-5:05pm					•	•	•	•	•		•		
5:10pm-5:40pm		•	•		•	•				•	•		
5:45pm-6:15pm					•	•	•	•			•	•	
6:20pm-6:50pm											•		
SESSION 3 Lesson Dates: July 8, 9, 10, 11, 15, 16, 17, 18													
Class Time	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private	Jr. LGP	Sea Turtle
9:00am-9:30am											• T/THU Only		
9:40am-10:10am	•	•	•		•						•		
10:15am-10:45am						•	•	•		•	•		
10:50am-11:20am	CAMP & SWIM												
11:25am-11:55am													
12:00pm-12:30pm													
4:00pm-4:30pm	•	•	•	•	•					•	•		
4:35pm-5:05pm					•	•	•	•	•		•		
5:10pm-5:40pm		•	•	•		•				•	•		
5:45pm-6:15pm					•	•	•	•		•	•		
6:20pm-6:50pm											•		
SESSION 4 Lesson Dates: July 22, 23, 24, 25, 29, 30, 31, August 1													
Class Time	Sand Dollar	Sand Crab	Seahorse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private	Jr. LGP	Sea Turtle
9:40am-10:10am	•	•	•		•						•		
10:15am-10:45am						•	•	•		•	•		
10:50am-11:20am	CAMP & SWIM												
11:25am-11:55am													
12:00pm-12:30pm													
4:00pm-4:30pm	•	•	•	•	•					•	•		
4:35pm-5:05pm					•	•	•	•	•		•		
5:10pm-5:40pm		•	•	•		•				•	•		
5:45pm-6:15pm					•	•	•	•		•	•		
6:20pm-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 or Swim Instructor Assistant Jade Foyston at JFoyston@bgcsandieguito.org for any further questions regarding registration.

How To Register

Registration is online at 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.

Register at bgcSanDieguito.org/swim-lessons



POLICIES

Refunds

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.

Cancellation Timeline	15-day Deadline 100% Refund	9-day Deadline 50% refund or 100% credit	8-4 days No Refunds 100% Credit
Session #1	May 20	May 28	June 2
Session #2	June 3	June 11	June 16
Session #3	June 17	June 25	June 30
Session #4	July 1	July 9	June 14

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 • 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.