

SDAC Summer Swim Lessons

Swim Lesson Dates

Session 1 June 15 - June 26 \$80.00

Session 2 June 29 - July 10* \$72.00

Session 3 July 13 - July 24 \$80.00

* no class will be held on the July 3rd due to holiday schedule

Swim Lesson Times Monday – Friday

ALL CLASSES ARE 30 MINUTES

1:30pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks

2:10pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks

2:50pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks

3:30pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks

4:10pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks

4:50pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks

Swim Lesson Sign-up

All sign-ups for swim lessons will take place at the **Rancho Bernardo High School pool office** (see directions to school on the back of this flyer). We cannot accommodate mail-in registrations. Also, please note that class sizes are limited, so sign-up early!

All PUSD Employees first day to sign-up is **Tuesday April 28, 2009** from 2:30-5:30pm in the pool office.

The first day for everyone to sign-up is **Friday May 1, 2009** from 4:00—7:00pm in the pool office.

Walk-in registrations will also be available Monday—Wednesday from 3:30 - 7:00 pm starting on **May 4, 2009**.

Please make checks payable to SDAC. No cash or credit cards will be accepted.

Questions? Please call Sara @ (858) 485-4800 ext. 4567

\$5.00 OFF for signing up on May 1st.

Limit one coupon per person

Lesson Levels

SDAC's learn to swim classes use American Red Cross standards and techniques to improve individual swimming skills, endurance and personal water safety.

Beginning Starfish (ages 3 to 5) is designed for those swimmers who have little or no exposure to the water. This class teaches personal water safety skills and swimming readiness. With positive encouragement, children will learn to overcome their fear of water. The following skills will be developed: submersion, floating, kicking on front and back, and beginning swim stroke. Class size ratio will be 1 instructor to 4 students.

Advanced Starfish (ages 3 to 5) is designed for those swimmers that are very comfortable in the water and who have basic water skills. This class is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. **Students should feel comfortable in at least 4 feet of water.** Class size ratio will be 1 instructor to 4 students.

Otters (ages 6 to 12) is designed for older swimmers with limited or no swimming experience. This class teaches personal water safety skills and swimming readiness. With positive encouragement, children will learn to overcome their fear of water. This level will focus on submersion, floating and kicking on front and back, and beginning swim stroke.

Dolphins (ages 6 to 12) is designed for those swimmers that are very comfortable in the water and who have basic water skills. This class is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, developing back crawl, and introducing butterfly kick and motion. **Students should feel comfortable in at least 4 feet of water.**

Sharks (ages 6 & up) A deep water class designed to coordinate and refine all major strokes with increased distances. Skills introduced include freestyle and backstroke flip turns. This is the final level in SDAC swim lesson program. This level introduces the techniques necessary to enter the entry levels of our year round competitive swim team. **SUMMER SWIM SPECIAL:** Graduates of the Shark level are eligible to join the SDAC competitive swim team with no registration fee. (a \$100 dollar savings!)

*ALL SDAC Swim Lesson Instructors have successfully completed the SDAC Training Program and are certified in CPR and First Aid. SDAC registers students based on day and time, NOT BY INSTRUCTOR. SDAC can not guarantee specific or consistent instructors, despite our best effort to do so.

ATTENTION ALL INCOMING FRESHMAN: Did you know all freshman are required to take swim PE? Whether you want to take group or private lessons or summer swim team, SDAC can help you prepare for your swim PE class.