

# Learn to Swim



Members receive 10% off group lessons

## 2017 SUMMER SESSIONS

### SWIM SESSIONS AT THE KROC

Learning how to swim is a critical component of every child's development. At the Kroc Center, swim lesson students are moved through five progressive levels of lessons as they accomplish new skills and abilities. Our instructors make swimming lessons fun and help students develop both swimming skills and self confidence.

### HOW TO ENROLL

1. Determine the level for your child based on listed prerequisites. IE: age and skills
2. Select a day and time that works for you.
3. Select a session that corresponds with day and time.
4. Register for class

IN PERSON: Kroc Gymnasium Guest Services  
ONLINE: [SD.KROCCENTER.ORG](http://SD.KROCCENTER.ORG)

Prerequisites and session dates/times listed on reverse

### QUESTIONS?

CALL THE AQUATICS CENTER AT 619.269.1505 OR EMAIL [SDKROC.AQUATICS@USW.SALVATIONARMY.ORG](mailto:SDKROC.AQUATICS@USW.SALVATIONARMY.ORG)

FALL 2017 SIGN UP BEGINS: **AUG 22**

### THE PARENTS GUIDE TO SWIMMING LESSONS

- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Classes will be held in our heated outdoor pools (unless otherwise noted). Please apply sunscreen to your child 15 minutes prior to getting in the pool.
- Group lessons are 25 minutes, followed by 5 minutes for transition and parent communication unless otherwise noted.
- Parents/guardians need to stay on Kroc campus during the lesson in case of an emergency. To avoid class interruption, please observe from covered bleachers.
- Check-in at the swim lesson table when you first walk onto the pool deck.
- Class levels are frequently repeated to allow students to master skills and feel successful before advancing. Patience is the key to learning how to swim.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper and plastic pants (available for purchase at the Front Desk) to prevent bathroom incidents in the pool.
- Students receive a mid-session report card so parents know what level to enroll in for the next session.
- Classes will be cancelled and a refund issued if we experience lightning or mechanical issues. Make-up lessons are not available and no other refunds will be given.
- Persons having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed in the pool water.
- Each Preschool/Youth class has total of only six participants. The parent and child classes can have up to 12 participants.

### ADULT SWIM LESSONS

Ages 16+  
Location: Competition Pool

Beginning swimmers learn basic skills such as supported/unsupported floating, gliding, kicking on front/back, and freestyle. This introductory course will help you gain basic swimming skills and confidence in the water.

DAY	TIME
Th	6-7PM
Sat	12-1PM

#### THURSDAY CLASSES - Beginner

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
SUMMER 1	Jun 1 – Jun 22	4	\$68	May 9
SUMMER 2	Jun 29 – Jul 27*	4	\$68	May 9
SUMMER 3	Aug 3 – Aug 24	4	\$68	May 9

\*No class July 20

#### SATURDAY CLASSES - Intermediate

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
SUMMER 1	Jun 10 – Jul 1	4	\$68	May 9
SUMMER 2	Jul 8 – Jul 29	4	\$68	May 9
SUMMER 3	Aug 5 – Aug 26	4	\$68	May 9

### PRIVATE SWIM LESSONS

Ages 3+

30-minute swim lessons by trained swim lesson instructors. Multiple participants must be of similar ability. No refunds or credits for missed lessons.

Please call the Aquatics Center at 619.269.1505 to arrange a lesson.



#### SINGLE STUDENT 30-MINUTE LESSON

	MEMBER/GUEST
Single Session	\$34/\$40
4 pack	\$112/\$128
8 pack	\$208/\$240

#### TWO OR MORE STUDENT 30-MINUTE LESSON (Fees are listed per student)

	MEMBER/GUEST
Single Session	\$21/\$25
4 pack	\$72/\$88
8 pack	\$134/\$160



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619.269.1505 | [SD.KROCCENTER.ORG](http://SD.KROCCENTER.ORG)



RAY & JOAN  
**KROC CENTER**  
SAN DIEGO, CA



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## PARENT & CHILD

6-36 months

Location: Therapy Pool

A swim class for infants and toddlers to introduce children to swimming with singing and games that focus on water comfort and basic skills such as water entry, bubble blowing, kicking, floating, and underwater exploration. Children must wear swim diapers/plastic pants to enter pool. At least one parent per child must be present for lesson.

### REQUIREMENTS

- Little to no water experience
- Parents wanting to teach basic swimming skills through singing songs and playing games

DAY	TIME
M/F	5-5:30PM
SAT	9-9:30AM 9:30-10AM 10-10:30AM

### MONDAY/FRIDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
SUMMER 1	Jun 5 - Jun 30	8	\$84	May 9
SUMMER 2	Jul 7 - Jul 28	7	\$74	Jun 20
SUMMER 3	Jul 31 - Aug 25	8	\$84	Jul 18

### SATURDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
SUMMER 1	Jun 10 - Jul 1	4	\$42	May 9
SUMMER 2	Jul 8 - Jul 29	4	\$42	Jun 20
SUMMER 3	Aug 5 - Aug 26	4	\$42	Jul 18

## BASIC WATER EXPLORATION

Ages 3-7

Location: Therapy Pool

### For children who are hesitant in water only.

This class is for children with little to no water experience- perfect for children (or parents) who are hesitant about moving beyond the deck to explore water fun & safety. Parents are encouraged to support their child from outside of the water.

### REQUIREMENTS

- Little to no water experience
- Not comfortable in a class setting

DAY	TIME
M/F	5:30-6PM
SAT	12-12:30PM

### MONDAY/ FRIDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
SUMMER 1	Jun 19 - Jun 30	4	\$45	May 9
SUMMER 2	Jul 17 - Jul 28	4	\$45	Jun 20
SUMMER 3	Aug 14 - Aug 25	4	\$45	Jul 18

### SATURDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
SUMMER 1	Jun 10 - Jul 1	4	\$45	May 9
SUMMER 2	Jul 8 - Jul 29	4	\$45	Jun 20
SUMMER 3	Aug 5 - Aug 26	4	\$45	Jul 18

## PRESCHOOL & YOUTH SWIM REQUIREMENTS

### Pre-K Level 1 & Youth Level 1

Ages 3-5 & Ages 6-15

- Little to no swimming experience
- Not comfortable with putting face under water
- Not comfortable floating on back and stomach independently

### Pre-K Level 2 & Youth Level 2

Ages 3-5 & Ages 6-15

- Comfortable with face under water
- Comfortable floating on back and stomach independently
- Not comfortable swimming freestyle independently
- Not comfortable jumping in pool and swimming back to wall on their own

### Pre-K Level 3 & Youth Level 3

Ages 3-5 & Ages 6-15

- Comfortable with face under water
- Comfortable floating on back and stomach independently
- Comfortable swimming freestyle independently but not with good form
- Not comfortable swimming backstroke and breaststroke independently.

### Youth Level 4

Ages 6-15

- Comfortable swimming freestyle and backstroke 25 yards independently and proficiently.
- Comfortable treading in 7ft of water

## PRESCHOOL

Ages 3-5

Location: Recreation Pool

### PRESCHOOL LEVEL I

DAY	TIME
T-F	9-9:30AM, 10:30-11AM
T/Th	5-5:30PM
W/F	5-5:30PM, 5:30-6PM
Sat	10:30-11AM*, 11-11:30AM

### PRESCHOOL LEVEL II

DAY	TIME
T-F	9:30-10AM
T/Th	5:30-6PM
W/F	6-6:30PM
Sat	11-11:30AM, 11:30AM-12PM*

### PRESCHOOL LEVEL III

DAY	TIME
T-F	10:30-11AM
T/Th	6-6:30PM
Sat	11:30AM-12PM

## YOUTH

Ages 6-15

Location: Recreation Pool

### YOUTH LEVEL I

DAY	TIME
T-F	9-9:30AM, 10-10:30AM
T/Th	5-5:30PM
W/F	5:30-6PM
Sat	11-11:30AM, 11:30AM-12PM

### YOUTH LEVEL II

DAY	TIME
T-F	9:30-10AM, 10-10:30AM
T/Th	5:30-6PM
W/F	6-6:30PM
Sat	10-10:30AM, 10:30-11AM

### YOUTH LEVEL III

DAY	TIME
T-F	10:30-11AM
T/Th	6-6:30PM
W/F	5-5:30PM
Sat	10-10:30AM, 10:30-11AM

### YOUTH LEVEL IV

DAY	TIME
T-F	10:15-11AM
Sat	12-12:45PM*

\*Competition Pool

### TUESDAY THROUGH FRIDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	YOUTH LEVEL IV FEE	SIGN UP BEGINS
SUMMER 1	Jun 20 - Jun 30	8	\$100	\$122	May 9
SUMMER 2	Jul 5 - Jul 14	7	\$87	\$107	Jun 27
SUMMER 3	Jul 18 - Jul 28	8	\$100	\$122	Jul 11
SUMMER 4	Aug 1 - Aug 11	8	\$100	\$122	Jul 25
SUMMER 5	Aug 15 - Aug 25	8	\$100	\$122	Aug 8

### TUESDAY/THURSDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
SUMMER 1	Jun 6 - Jun 29	8	\$100	May 9
SUMMER 2	Jul 6 - Jul 27	7	\$87	Jun 20
SUMMER 3	Aug 1 - Aug 24	8	\$100	Jul 18

### WEDNESDAY/FRIDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
SUMMER 1	Jun 7 - Jun 30	8	\$100	May 9
SUMMER 2	Jul 5 - Jul 28	8	\$100	Jun 20
SUMMER 3	Aug 2 - Aug 25	8	\$100	Jul 18

### SATURDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	YOUTH LEVEL IV FEE	SIGN UP BEGINS
SUMMER 1	Jun 10 - Jul 1	4	\$50	\$61	May 9
SUMMER 2	Jul 8 - Jul 29	4	\$50	\$61	Jun 20
SUMMER 3	Aug 5 - Aug 26	4	\$50	\$61	Jul 18

\*Therapy Pool

