

KROC LEARN TO SWIM

2018 FALL 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.

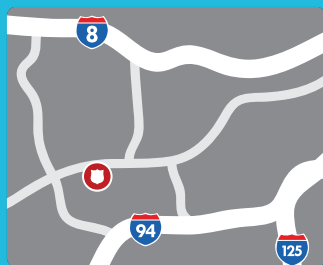
>HOW TO ENROLL

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

ONLINE: sd.kroccenter.org
 IN PERSON: Kroc Gymnasium
 Guest Services

Prerequisites and session dates/times listed on reverse.

>MEMBERS RECEIVE 10% OFF GROUP LESSONS



The Salvation Army
 Ray & Joan Kroc Corps Community Center
 6753 University Avenue | San Diego, CA 92115



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.

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

WEDNESDAY/FRIDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
FALL 1	Sept 5 – 28	8	\$104	Aug 21
FALL 2	Oct 3 – 26	8	\$104	Sept 18
DAY	TIME			
W/F	5–5:30PM			

SATURDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
FALL 1	Sept 8 – 29	4	\$52	Aug 21
FALL 2	Oct 6 – 27	4	\$52	Sept 18
DAY	TIME			
SAT	9–9:30AM 9:30–10AM 10–10:30AM			

ADULT SWIM LESSONS

Ages 16+ // Location: Recreation Pool

Scholarships available

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.



THURSDAY CLASSES - Beginner

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
FALL 1	Sept 6 – 27	4	\$68	Aug 21
FALL 2	Oct 4 – 25	4	\$68	Sept 18
DAY	TIME			
Th	6 – 7PM			

MONDAY CLASSES - US Masters Adult Learn to Swim

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
FALL 2	Oct 1 – 22	4	\$85	Sept 18
FALL 3	Nov 5 – 26	4	\$85	Oct 16
DAY	TIME			
Sat	6-7-PM			

SATURDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
FALL 2	Oct 6 – 20	3	\$64	Sept 18
FALL 3	Nov 3 – Dec 1 (skip Nov 24)	4	\$85	Oct 16
DAY	TIME			
Sat	8 – 9AM, 9 – 10AM			

QUESTIONS?

AQUATICS OFFICE: 619.269.1505
EMAIL: aaron.cordoba@usw.salvationarmy.org
REGISTER ONLINE AT: SD.KROCCENTER.ORG



RAY & JOAN
KROC CENTER
 SAN DIEGO, CA

PRESCHOOL & YOUTH SWIM LESSONS

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

PRESCHOOL LEVEL II

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

PRESCHOOL LEVEL III

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

*Therapy Pool

YOUTH

Ages 6-15
Location: Recreation Pool

YOUTH LEVEL I

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

YOUTH LEVEL II

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

YOUTH LEVEL III

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

YOUTH LEVEL IV

DAY	TIME
Sat	12-12:45PM**

**Competition Pool

TUESDAY/THURSDAY CLASSES (*No class on 9/25 ** No Class 11/20 & 11/22)

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
FALL 1	Sep 4 - 27 *	7	\$102	Aug 21
FALL 2	Oct 2 - 25	8	\$116	Sep 18
FALL 3	Oct 30 - Nov 29 **	8	\$116	Oct 16

WEDNESDAY/FRIDAY CLASSES (*No class 10/31, 11/21 and 11/23)

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
FALL 1	Sep 5 - 28	8	\$116	Aug 21
FALL 2	Oct 3 - 26	8	\$116	Sep 18
FALL 3	Nov 2 - 30 *	7	\$102	Oct 16

SATURDAY CLASSES (*No class 11/24)

SESSION	DATES	# OF CLASSES	FEE	YOUTH LEVEL IV FEE	SIGN UP BEGINS
FALL 1	Sep 8 - 29	4	\$58	\$70	Aug 21
FALL 2	Oct 6 - 27	4	\$58	\$70	Sept 18
FALL 3	Nov 3 - Dec 1	4	\$58	\$70	Oct 16

THE PARENTS GUIDE TO SWIM 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.

- Group lessons are 25 minutes, followed by 5 minutes for transition and parent communication unless otherwise noted.

- Check-in at the swim lesson table when you first walk onto the pool deck.

- 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.

- 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.

- Each Preschool/Youth class has total of only six participants. The parent

and child classes can have up to 12 participants.

- 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.

- 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.

- 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.

- Students receive a mid-session report card so parents know what level to enroll in for the next session.

- Persons having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed in the pool water.

PRIVATE SWIM LESSONS

All levels/ Ages 3+

Private and Semi-private swim lessons are 4 sessions.

Registration for private lessons opens 8/21.

Private: \$134/ guest; \$118 per member.

Semi-private lessons: \$92/ guest; \$76/ member. Enroll one of the two students, then contact Taylor.Lynch@usw.salvationarmy.org to add the second student.

All offered as weekly sessions on the same day of the week.

(*No sessions Nov 22,23,24)

SESSION	DATES
FALL 1	Sept 4 - Oct 2
FALL 2	Oct 3 - 27
FALL 3	Nov 1 - Dec 1*
FALL 4	Dec 4 - 7 (Tues-Fri)
FALL 5	Dec 11 - 14 (Tues-Fri)

DAY	TIME
T/W/TH/F	4:30 - 6:30PM
Sat	9AM - NOON

