

# KROC LEARN TO SWIM

## 2019 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

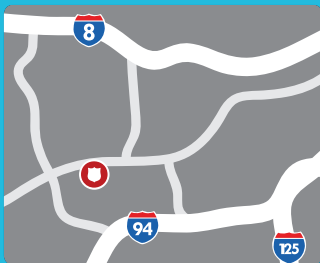
1. Determine the level for your child based on listed prerequisites. *IE: age and skills*
2. Select a day and time that works for you.
3. Select a session that corresponds with day and time.
4. Register for class

ONLINE: [sd.kroccenter.org](http://sd.kroccenter.org)  
 IN PERSON: Kroc Gymnasium  
 Guest Services

*Prerequisites and session dates/times listed on reverse.*

*Group Swim Lesson enrollments close 5 days prior to each session start date*

### >MEMBERS RECEIVE 10% OFF GROUP LESSONS



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

### SUMMER GOES ON SALE MAY 21

## PARENT & CHILD SWIM LESSONS

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.

#### W/F CLASSES - 5-5:30PM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 12 – July 5	8	\$114	May 21	June 6
SUMMER2	July 10 – Aug 2	8	\$114	June 25	July 4
SUMMER 3	Aug 7 – Aug 30	8	\$114	July 23	Aug 1

#### SATURDAY CLASSES - 9:30-10AM & 10-10:30AM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 15 – July 6	4	\$58	May 21	June 10
SUMMER2	July 13 – Aug 3	4	\$58	June 25	July 8
SUMMER 3	Aug 10 – Aug 31	4	\$58	July 23	Aug 5

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



**U.S. MASTERS SWIMMING**

## ADULT SWIM LESSONS

AGES 16+  
 LOCATION: RECREATION 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. Instructor to student ratio 1:3.

**Scholarships available**

#### BEGINNER-MONDAY CLASSES - 6-7PM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 10 – July 1	4	\$85	May 21	June 6
SUMMER2	July 8 – July 29	4	\$85	June 25	July 4
SUMMER 3	Aug 5 – Aug 26	4	\$85	July 23	Aug 1

#### BEGINNER-TUESDAY CLASSES - 6-7PM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 11 – July 2	4	\$85	May 21	June 6
SUMMER2	July 9 – July 30	4	\$85	June 25	July 4
SUMMER 3	Aug 6 – Aug 27	4	\$85	July 23	Aug 1

#### INTERMEDIATE / ADVANCED - THURSDAY CLASS - 6-7PM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 13 – June 27	3	\$64	May 21	June 6
SUMMER2	July 11 – Aug 1	4	\$85	June 25	July 4
SUMMER 3	Aug 8 – Aug 29	4	\$85	July 23	Aug 1

#### BEGINNER / INTERMEDIATE - SATURDAY CLASSES - 8-9AM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 15 – July 6	4	\$85	May 21	June 6
SUMMER2	July 13 – Aug 3	4	\$85	June 25	July 4
SUMMER 3	Aug 10 – Aug 31	4	\$85	July 23	Aug 1

#### BEGINNER - THURSDAY CLASS - 6-7PM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 13 – June 27	3	\$44	May 21	June 6
SUMMER2	July 11 – Aug 1	4	\$58	June 25	July 4
SUMMER 3	Aug 8 – Aug 29	4	\$58	July 23	Aug 1

## KROC ADULT SWIM LESSONS

AGES 16+  
 LOCATION: RECREATION POOL

### QUESTIONS?

**AQUATICS OFFICE:** 619.269.1505  
**EMAIL:** [simonne.call@usw.salvationarmy.org](mailto:simonne.call@usw.salvationarmy.org)  
**REGISTER ONLINE AT:** [SD.KROCCENTER.ORG](http://SD.KROCCENTER.ORG)



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

## PRESCHOOL & YOUTH SWIM LESSONS

### SESSION & FEE INFORMATION

#### TUESDAY/THURSDAY

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 11 – July 2	7	\$116	May 21	June 6
SUMMER2	July 9 – Aug 1	8	\$132	June 25	July 4
SUMMER3	Aug 6 – Aug 29	8	\$132	July 23	Aug 1

#### WEDNESDAY / FRIDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 12 – July 5	8	\$132	May 21	June 6
SUMMER2	July 10 – Aug 2	8	\$132	June 25	July 4
SUMMER3	Aug 7 – Aug 30	8	\$132	July 23	Aug 1

#### SATURDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUMMER1	June 15 – July 6	4	\$66	May 21	June 10
SUMMER2	July 13 – Aug 3	4	\$66	June 25	July 8
SUMMER3	Aug 10 – Aug 31	4	\$66	July 23	Aug 5

#### TUESDAY- FRIDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS	REG CLOSES
SUM AM 1	June 18 – June 28	8	\$132	May 21	N/A
SUM AM 2	July 2 – July 12	7	\$116	June 25	N/A
SUM AM 3	July 16 – July 26	8	\$132	July 9	N/A
SUM AM 4	July 30 – Aug 9	8	\$132	July 23	N/A
SUM AM 5	Aug 13 – Aug 23	8	\$132	Aug 6	N/A

\*PLEASE NOTE: Level 4: Saturdays= \$80/ weekdays= \$156

### 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

### YOUTH

#### DAY AND TIME SCHEDULE AGES 6-15 // REC POOL

##### YOUTH LEVEL 1

DAY	TIME
T/TH	5-5:30PM
W/F	5:30-6PM
SAT	11-11:30AM
SAT	11:30-12PM
T-F	9:30-10AM

##### YOUTH LEVEL 2

DAY	TIME
T/TH	5:30-6PM
W/F	6-6:30PM
SAT	10-10:30AM
SAT	10:30-11AM
T-F	10-10:30AM

##### YOUTH LEVEL 3

DAY	TIME
T/TH	6-6:30PM
W/F	5-5:30PM
SAT	10-10:30AM
SAT	10:30-11AM
T-F	10:30-11AM

##### YOUTH LEVEL 4\*

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

### PRESCHOOL

#### DAY AND TIME SCHEDULE AGES 3-5 // REC POOL

##### PRE K LEVEL 1

DAY	TIME
T/TH	5:30-6PM
W/F	6-6:30PM
SAT	10:30-11AM
SAT	11-11:30AM
T-F	9:30-10AM

##### PRE K LEVEL 2

DAY	TIME
T/TH	5-5:30PM
W/F	5:30-6PM
SAT	11-11:30AM
SAT	11:30-12PM
T-F	10-10:30AM

##### PRE K LEVEL 3

DAY	TIME
T/TH	6-6:30PM
W/F	11:30-12PM
SAT	11:30-11AM

## 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+ // All private lessons are 4 sessions.

**1 Student:** \$160/ guest, \$145/ member **Partner sessions** (ideal for siblings and close friends; must be of similar swimming ability): \$110/ guest, \$96/ member. Enroll one child and contact [taylor.lynych@usw.salvationarmy.org](mailto:taylor.lynych@usw.salvationarmy.org) to enroll second student.

### PRIVATE SWIM LESSONS

DAY	START TIME
T	9:30-10:30AM, 4:30-6:30PM
W	9:30-10:30AM, 4:30-6:30PM
TH	9:30-10:30AM, 4:30-6:30PM
FR	9:30-10:30AM, 4:30-6:30PM
SAT	9AM-12PM