

KROC LEARN TO SWIM

2019 WINTER 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.

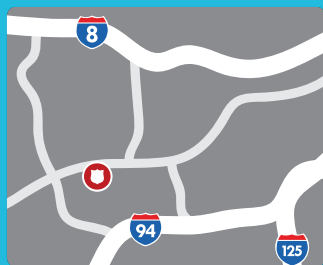
>HOW TO ENROLL

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.

SATURDAY CLASSES - 10-10:30AM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
WINTER 1	Feb 2 – 23	4	\$55	Jan 5
WINTER 2	Mar 2 – 23	4	\$55	Feb 12

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

ADULT SWIM LESSONS



US Masters Adult Learn to Swim
 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.



MONDAY CLASSES - 6-7PM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
WINTER 1	Feb 4 – 25 *no class 2/18	3	\$63.75	Jan 5
WINTER 2	Mar 4 – 25	4	\$85	Jan 5

TUESDAY CLASSES - 6-7PM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
WINTER 1	Feb 5 – 26 *no class 2/18	3	\$63.75	Jan 5
WINTER 2	Mar 5 – 26	4	\$85	Jan 5

SATURDAY CLASSES - 8-9AM

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
WINTER 1	Feb 2 – Mar 2 *no class 2/16	4	\$85	Jan 5
WINTER 2	Mar 9 – 30	4	\$85	Jan 5

Ask about financial assistance

QUESTIONS?

AQUATICS OFFICE: 619.269.1505
EMAIL: simonne.call@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
W/F	5-5:30PM
Sat	10:30-11AM, 11-11:30AM

PRESCHOOL LEVEL II

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

PRESCHOOL LEVEL III

DAY	TIME
W/F	6-6:30PM
Sat	11:30AM-12PM

YOUTH

Ages 6-15
Location: Recreation Pool

YOUTH LEVEL I

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

YOUTH LEVEL II

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

YOUTH LEVEL III

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

YOUTH LEVEL IV

DAY	TIME
Sat	12-12:45PM

WEDNESDAY/FRIDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE	SIGN UP BEGINS
WINTER 2	Feb 27 - Mar 22	8	\$120	Jan 5

SATURDAY CLASSES

SESSION	DATES	# OF CLASSES	FEE		SIGN UP BEGINS
			LVL I-III	LVL IV	
WINTER 1	Feb 2 - 23	4	\$60	\$74	Jan 5
WINTER 2	Mar 2 - 23	4	\$60	\$74	Feb 12

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: \$148/ guest, \$132/ member

Partner sessions (ideal for siblings and close friends; must be of similar swimming ability): \$100/ guest, \$96/ member. Enroll one child and contact taylor.lynch@usw.salvationarmy.org to enroll second student.

All private lesson offerings open on 1/5/19



SESSION	DATES	DAYS	AVAILABLE TIMES
WINTER 1	Jan 29 - Feb 23	Scheduled by request - submit inquiry form online or at Gym Guest Services	
WINTER 2	Feb 26 - Mar 21	Tues or Thurs	4:30PM, 5PM, 5:30PM, 6PM
WINTER 2	Mar 2 - 23	Sat	9AM, 9:30AM, 10AM, 10:30AM, 11AM, 11:30AM, 12PM



TALK WITH THE STAFF

SIMONNE CALL

Aquatics Manager
simonne.call@usw.salvationarmy.org
619.269.1506