



## Summer Swim Teams

June 14 – August 6 \$230.00

Monday – Friday

Team Barracuda: 10:30-11:30am

OR

Team Marlins: 4:00-5:00pm

*Supported by  
SDAC Boosters*

### Summer Swim Teams with San Diego Aquatic Club

(All Ages; must be able to swim 25 yards) In this next level of swimming, swimmers begin to build endurance and improve the swimmer's skills in all four competitive strokes; butterfly, backstroke, breaststroke and freestyle, while developing enthusiasm for the sport of swimming. All practices are coached by a certified United States Swimming coach. Please go to [www.swimsdac.com](http://www.swimsdac.com) for more information.

### Directions to Rancho Bernardo High School pool:

From 15 Freeway: Travel East on Camino Del Norte. Turn left on Paseo Lucido. Take the first right onto Avenida Venusto. Make your first left into the student parking lot. In the back of the parking lot, take the ramp up to the pool where kids can be dropped off. Return to the student lot to park.

Rancho Bernardo High School  
13010 Paseo Lucido  
Phone: (858) 485-4800 ext.4567

SUMMER SPECIAL: If your child would like to join SDAC's year-round team after participating in a SDAC summer swim program, SDAC will waive the registration fee. (That's a \$100 dollar value!)

# Summer Swim Programs

June 14—August 6, 2010



*Together, we can save a life*

*Summer 2010*



*Supported by  
SDAC Boosters*

## Swim Lessons

Session 1 June 14 - June 25 \$80.00

Session 2 June 28 - July 19\* \$72.00

Session 3 July 12 - July 23 \$80.00

\* no class will be held on Friday July 5<sup>th</sup> due to holiday schedule

## Swim Lesson Times Monday – Friday

**ALL CLASSES ARE EVERY DAY FOR 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 **Monday April 26, 2010** from 2:30-5:30pm in the pool office.

The first day for everyone to sign-up is **Wednesday April 28, 2010** 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 3, 2010**.

Questions? Please call Sara @ (619) 250-5047

**\$5.00 OFF** total bill for signing up on April 28th from 4:00-7:00pm. Limit one coupon per customer.

## 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.