

# **SPRING 2022**

# **AQUATICS BROCHURE**



# TABLE OF CONTENTS

Please click a blue link below to be taken directly to the page:

[GROUP SWIM LESSONS @ TRAILS](#)

[DATES & PRICING](#)

[CLASS DESCRIPTIONS & CLASS TIMES](#)

[PRIVATE SWIM LESSONS](#)

[SQUIDS SWIMMING GROUP](#)

[ADULT SWIMMING LESSONS](#)

[LIFEGUARD TRAINING](#)

[MASTERS SWIMMING PROGRAM](#)

[DIVING LESSONS](#)

[WATER AEROBIC CLASSES](#)

[LAP SWIMMING](#)

[QUESTIONS, COMMENTS, CONCERNS](#)

# GROUP SWIM LESSONS @ TRAILS

Group swim lessons are offered throughout the Spring, Monday through Thursday, or on Saturday mornings at SRSRC Trails location. Lessons are available to both members and non-members of SRSRC. These lessons are available for children aged 6 months to 12 years, and adult lessons are also available for ages 12+ (please see Adult Lesson section). Below you will find information about: dates, times, cost (member and non member pricing available), and level descriptions. Sign ups are available online at [srsrc.com](http://srsrc.com). If you have any other questions, please contact the Aquatics Director, Kristin Neth, by email, [kristin@srsrc.com](mailto:kristin@srsrc.com), or by phone at (858) 271-6222 ext. 133.



**Lessons are located at  
10216 Scripps Trail, San Diego, CA 92131**

# DATES & PRICING

## WEEKDAY LESSONS (8 Half Hour Lessons)

MONDAY, TUESDAY, WEDNESDAY, THURSDAY (2 Consecutive weeks)

**Session 1:** April 4-7, 11-14

→ Members: \$145 Non-Members: \$175

**Session 2:** April 18-21, 25-28

→ Members: \$145 Non-Members: \$175

**Session 3:** May 2-5, 9-12

→ Members: \$145 Non-Members: \$175

**Session 4:** May 16-19, 23-26

→ Members: \$145 Non-Members: \$175

**Session 5\*:** May 31-June 2, June 6-9

→ Members: \$127 Non-Members: \$153

→ No class on Memorial Day

## WEEKEND LESSONS (4 Half-Hour Lessons)

SATURDAYS (4 Consecutive Weeks)

**Session A:** April 9, 16, 23, 30

→ Members: \$80 Non-Members: \$100

**Session B:** May 7, 14, 21, 28

→ Members: \$80 Non-Members: \$100



# CLASS DESCRIPTIONS & CLASS TIMES

## PARENT AND TOT (AGES 6 MONTHS TO 3 YEARS)

- This class is for beginner swimmers
- The goals of this class are:
  - For the child to become extremely comfortable in the water without parents
  - Become more independent in a safe environment

### WEEKDAY TIMES (M-TH):

- No weekday times available during Spring

### WEEKEND TIMES (Saturdays):

- 10:40 am - 11:10 am

## FLOUNDER (AGES 2-3)

- This class is for beginner swimmers
- The goals of this class are:
  - For the child to become extremely comfortable in the water without parents
  - Become more independent in a safe environment

### WEEKDAY TIMES (M-TH):

- 3:30 pm-4:00 pm

### WEEKEND TIMES (Saturdays):

- 10:40 am - 11:10 am

## GRUNION 1 (AGES 3-6)

- This class is for beginner swimmers who are comfortable in the water without their parents, and are able to listen to the teacher (or have passed Flounders)
- The goals of this class are:
  - To be very comfortable with the water and put their face in the water
  - Children should also have a much more developed technique when it comes to supported glides, kicks, and arm movements

### WEEKDAY TIMES (M-TH):

- 10:30am-11:00am
- 3:30 pm-4:00 pm

### WEEKEND TIMES (Saturdays):

- 10:00 am - 10:30 am
- 11:20 am - 11:50 am

## GRUNION II (AGES 3 – 6)

- This class is for beginner swimmers who are comfortable with putting their face in the water and are ready to become a more independent swimmer (or have passed Grunion I)
- The goals of this class are:
  - To swim without assistance for at least three or four strokes
  - To glide, float, and kick without any assistance and learn beginning breathing techniques

### WEEKDAY TIMES (M-TH):

- 11:30am-12:00pm
- 4:10 pm - 4:40 pm

### WEEKEND TIMES (Saturdays):

- 12:00 pm - 12:30 pm

## SHRIMP I (AGES 3 – 6)

- This class is for children who can swim without assistance for at least three or four strokes, who are able to glide, float and kick without any assistance comfortably (or have passed Grunion II)
- The goals of this class are:
  - To swim half the length of the pool: using front crawl with beginning side breathing, and beginning backstroke.
  - Have a basic knowledge of elementary backstroke and kneeling dives

### WEEKDAY TIMES (M-TH):

- 4:10pm - 4:40 pm

### WEEKEND TIMES (Saturdays):

- 10:00 am - 10:30 am

## SHRIMP II (AGES 3 – 6)

- This class is for children who can swim half the length of the pool using both front crawl with beginning side breathing and backstroke (or those who have passed Shrimp I)
- The goals of this class are:
  - To swim a full length of the pool using side breathing both comfortably and confidently
  - Learn beginner breaststroke kick, learn backstroke technique, and elementary backstroke.

### WEEKDAY TIMES (M-TH):

- 4:50 pm - 5:20 pm

### WEEKEND TIMES (Saturdays):

- 11:20 am - 11:50 am

## SEAHORSE (AGES 6-12)

- This class is for older children who have never had formal swim lessons before and/or are unable to swim half a length of the pool using side-breathing.
- The goals of this class are:
  - To introduce and improve the basic swim strokes
  - To be very comfortable in the water
  - To be able to swim half a length of the pool using side-breathing

### WEEKDAY TIMES (M-TH):

- 4:50pm-5:20pm

### WEEKEND TIMES (Saturdays):

- 12:00 pm - 12:30 pm

## SEALS (AGES 6-12)

- This class is for older children who can swim a half length of the pool (about 15 yards) using side breathing, comfortably and confidently (or have passed Shrimp II or Seahorse). Children should be comfortable in the deep end of the pool before beginning this class.
- The goals of this class are:
  - To swim a lap of backstroke, and elementary backstroke comfortably, and increase endurance in Freestyle
  - Introduction to breaststroke kick
  - Deep water object retrieval, and deep-water diving

### WEEKDAY TIMES (M-TH):

- 5:30pm-6:00pm

### WEEKEND TIMES (Saturdays):

- 12:40pm-1:10pm

## STINGRAY (AGES 6-12)

- This class is designed for swimmers that have passed the Seals level and/or can swim 25 yards using side-breathing, backstroke, and elementary backstroke)
- The goals of this class are:
  - Swim 50 yards of Front Crawl with side breathing
  - Treading Water for 3 to 4 minutes and standing dives
  - Swim proper breaststroke for 10-15 yards

### WEEKDAY TIMES (M-TH):

- 5:30pm-6:00pm

### WEEKEND TIMES (Saturdays):

- 12:40pm-1:10pm

## DOLPHIN (AGES 6-12)

- This class is designed for swimmers that have passed the Stingray level and/or can swim several lengths of the pool successfully and with good stroke technique. Students should have a good base of Breaststroke, Backstroke (or have passed Stingray)
- The goals of this class are:
  - Swim 50 yards of Front Crawl with side breathing
  - Swim 25 Breaststroke with good technique
  - Swim 25 Backstroke with good technique

### WEEKDAY TIMES (M-TH):

- 6:00pm-6:30pm

### WEEKEND TIMES (Saturdays):

- No Classes offered

## SWORDFISH (AGES 6-12)

- This class is designed for swimmers that have passed the Dolphin level or can swim one length of Breaststroke, Backstroke, and Butterfly (They should have beginning knowledge in all these strokes) or children who have passed the Dolphin level. They should be able to swim a 50 of Freestyle with good stroke technique.
- The goals of this class are:
  - Swim 100 yards of Front Crawl (Freestyle) with good technique.
  - To build on technique and endurance for all four competitive strokes.

### WEEKDAY TIMES (M-TH):

- 6:00pm-6:30pm

### WEEKEND TIMES (Saturdays):

- No classes offered

## MAKE UP/CANCELLATION POLICY

Make up lessons are only guaranteed if SRSRC has to cancel the lesson due to lightning or other unforeseen circumstances. If you need to schedule a make up for another reason please contact Kristin Neth, at [kristin@srsrc.com](mailto:kristin@srsrc.com). If you need to transfer classes, a \$10 fee may be applied. If you need to cancel a lesson for any reason, prior to the lesson starting, a \$15 fee will be applied. After the class has begun, a refund will no longer be offered. For transfers or cancellations, please contact Kristin at [kristin@srsrc.com](mailto:kristin@srsrc.com).

## QUESTIONS?

If you have any questions regarding swim lessons, please feel free to contact the Aquatic Director/Swim Lesson Coordinator Kirstin Neth, by email [kristin@srsrc.com](mailto:kristin@srsrc.com), or leave a voicemail at (858)-271-6222 ext. 133.



# PRIVATE SWIM LESSONS

## GENERAL

Private Swim Lessons are available year round, to children and adults of all ages. These lessons can be arranged to best suit your schedule throughout the week and weekend. An opening contract consists of four half-hour lessons. To arrange private swim lessons please contact the Aquatics Director, Kristin Neth, by email, [kristin@srsrc.com](mailto:kristin@srsrc.com), or leave a voicemail at (858)-271-6222 ext. 133.

## PRICING

Lessons are priced per half hour lesson, and is dependent on number of people in the lesson. An opening contract is a minimum of four half-hour lessons.

### **MEMBERS:**

- Private: \$35 per half hour
- Semi-Private with 2 people: \$45 per half hour
- Semi-Private with 3 people: \$55 per half hour
- \$10 additional for every person added to semi-private lessons

### **NON-MEMBERS:**

- Private: \$50 per half hour
- Semi-Private with 2 people: \$60 per half hour
- Semi-Private with 3 people: \$70 per half hour
- \$10 additional for every person added to semi-private lessons

Please request a private or semi-private swim lesson through the CampBrain system at <https://srsrc.campbrainregistration.com/> and the Aquatics Director will reach out to you. All forms and payment must be completed through your CampBrain account.

# SQUIDS SWIMMING GROUP

The Squids group is designed for children who are able to swim at least one lap of each of the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle. The group focuses on building endurance and stroke technique for all strokes. If you are interested in joining the group, please contact Aquatics Director, Kristin Neth, for a try out. If you have any other questions, comments or concerns, contact Kristin at (858) 271-6222 x 133 or by email at [kristin@srsr.com](mailto:kristin@srsr.com).

## WORKOUT SCHEDULE

Tuesdays, Wednesdays, and Thursdays @ Trails

**Squids 1:** Practice: 4:00-5:00pm

**Squids 2:** Practice: 5:00pm-6:00pm

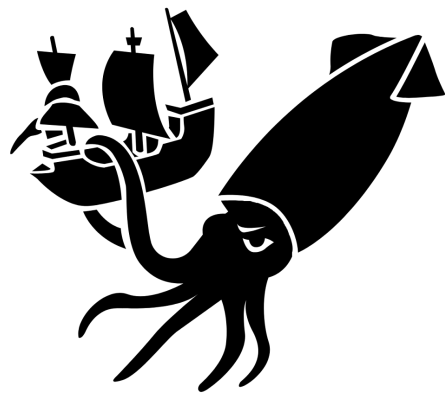
**Members:** April - \$150 / May - \$162.50

**Non-Members:** April - \$180/ May - \$195

Please note that the pricing fluctuates each month based on the number of class dates within the month.

# SQUIDS

## SWIM TEAM



# ADULT SWIMMING LESSONS

Adult group lessons are currently unavailable. We are offering private lessons. Please contact Kristin if you are interested in lessons at [kristin@srsrc.com](mailto:kristin@srsrc.com) or (858)-271-6222 ext. 133

# MASTERS SWIMMING PROGRAM

Masters Swimming is coached workouts that are organized into lanes of various abilities of speed and stroke coordination. Team environment provides inspiration while the national affiliation ([www.usms.org](http://www.usms.org)) offers a venue for competing at meets for those that want to. Many of our swimmers are triathletes looking to improve their swimming technique and endurance. Some compete in local open water races too, like the La Jolla Rough Water swim in early September. Come by Trails and get in a weekday morning swim workout! Call Coach Jerry O'Mara (858) 231-0898 with any questions.

## **MONDAY, WEDNESDAY, & FRIDAY @ TRAILS**

- 5:30 am
- 6:30 AM
- 8:00 AM

## **SUNDAYS @ 7 AM**

Registration will be open to members starting April 1, 2021 at <https://srsrc.campbrainregistration.com/>

### **COST**

- Per Month: Members Free  
Non-members \$60.00

# DIVING LESSONS

If you are interested in dive lessons please contact Amy Alexander at (858) 271-6222 ext. 104, or email her at [amy@srsrc.com](mailto:amy@srsrc.com)

# WATER AEROBIC CLASSES

Free at the Aviary Pool for members.

## TIMES

- Mornings: Monday -Friday 8:30am-9:30am
- Evenings: Monday: 5:30pm-6:30pm.
- Saturday: 9:00am-10:00am

# LAP SWIMMING

## AVIARY AND TRAILS LAP SWIMMING

Reservations available every hour on the ½ hour at Aviary and every hour at Trails. 3 waitlist spots for both pools. Kids must be able to swim the length of the lane.



**MINDBODY.**

**RESERVATIONS REQUIRED FOR  
GROUP FITNESS CLASSES  
GYM  
LAP SWIMMING**

**#1** DOWNLOAD MINDBODY APP ON YOUR CELL PHONE OR DESKTOP

**#2** BOOK THE DAY / TIME YOU WANT 2 DAYS IN ADVANCE  
WORKOUT MONDAY (ANYTIME)...RESERVATIONS OPEN MIDNIGHT SATURDAY

**#3** WAITLISTS AVAILABLE. PLEASE CANCEL 1 HOUR PRIOR  
SYSTEM WILL TEXT/EMAIL YOU WHEN THERE IS A CANCELATION

<https://www.mindbodyonline.com/>



# QUESTIONS, COMMENTS, CONCERNS

If you have any other questions, comments, or concerns about any of the aquatics program please contact Aquatics Director, Kristin Neth, (858)-271-6222 at extension 133.