

SPRING 2023

AQUATICS BROCHURE



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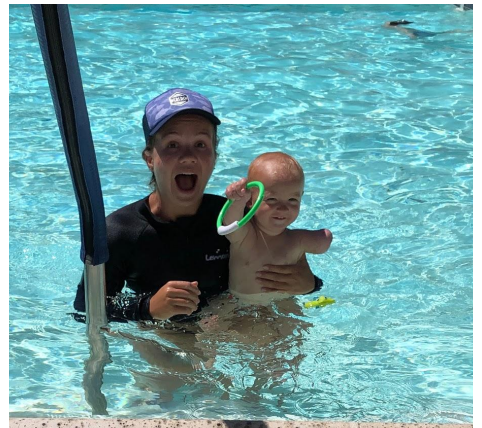
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GROUP SWIM LESSONS @ TRAILS

Group swim lessons are offered throughout the Spring, Monday through Thursday, or on Saturday mornings at SRSRC Trails location. Lessons are currently only available to 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, and level descriptions. Sign ups are available online at srsrc.com. If you have any other questions, please email us at swimlessons@srsrc.com.



**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 17-20, 24-27

→ Members: \$170

Session 2: May 1-4, 8-11

→ Members: \$170

Session 3: May 15-18, 22-25

→ Members: \$170

Session 4: May 30-June 1, June 5-8 ***No class on Memorial Day**

→ Members: \$148

WEEKEND LESSONS (4 Half-Hour Lessons)

SATURDAYS (4 Consecutive Weeks)

Session A: April 22, 29, May 6, 13

→ Members: \$95

Session B: May 20, 27, June 3, 10

→ Members: \$95

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

SATURDAY TIMES:

- 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

SATURDAY TIMES:

- 10:40 am-11:10 am

GRUNION 1 (AGES 3-6)

- This class is for beginner swimmers who are comfortable in the water and are able to listen to the teacher
- 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 AM (M-TH):

- 3:30-4:00 pm

SATURDAY TIMES:

- 10:00 am - 10:30 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):

- 4:10pm - 4:40 pm

SATURDAY TIMES:

- 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):

- 4:10 pm - 4:40 pm

SATURDAY TIMES:

- 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

SATURDAY TIMES:

- 10:40 am - 11:10 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.
- Instructor may teach from the deck
- 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):

- 4:50 pm - 5:20 pm

SATURDAY TIMES:

- 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.
- Instructor may teach from the deck
- The goals of this class are:
 - To swim a lap of backstroke, elementary backstroke comfortably, and increase endurance in Freestyle
 - Introduction to breaststroke kick
 - Deep water object retrieval, and deep-water diving

WEEKDAY TIMES (M-TH):

- 5:30 pm - 6:00 pm

SATURDAY TIMES:

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.
- Instructor may teach from the deck
- The goals of this class are:
 - Swim 50 yards of Freestyle with side breathing
 - Treading Water for 3 to 4 minutes and standing dives
 - Swim proper breaststroke for 10-15 yards

WEEKDAY TIMES (M-TH):

- 5:30 pm - 6:00 pm

SATURDAY TIMES:

DOLPHIN/SWORDFISH(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)
- Instructor may teach from the deck
- The goals of this class are:
 - Swim 50 yards of Freestyle with side breathing
 - Swim 25 Breaststroke with good technique
 - Swim 25 Backstroke with good technique

WEEKDAY TIMES (M-TH):.

- 5:30 pm - 6:00 pm

MAKE UP/CANCELLATION POLICY

If you need to schedule a make up for another reason please contact us, at swimlessons@srsr.com. Our cancellation policy is: \$15 to cancel before the first lesson, \$10 fee to transfer classes/sessions. For transfers or cancellations, please contact us at swimlessons@srsr.com.

QUESTIONS?

If you have any questions regarding swim lessons, please feel free to email us at swimlessons@srsr.com.

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. If you have any questions, please email us at swimlessons@srsrc.com. To register, please see instructions below.

PRICING

Lessons are priced per half hour lesson, and are dependent on the 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

If you are interested in Private or Semi-private swim lessons, please login to CampBrain at <https://srsrc.campbrainregistration.com/> and register for the private/semi-privates. 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 tryout. If you have any other questions, comments or concerns, contact Kristin at (858) 271-6222 x 133 or by email at kristin@srsrc.com.

WORKOUT SCHEDULE

Tuesdays, Wednesdays, and Thursdays @ Trails

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

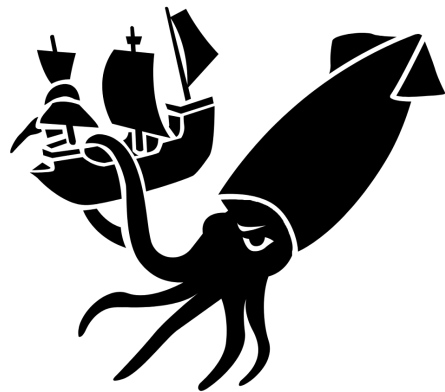
Squids 2: Practice: 5:00pm-6:00pm

Members: April - \$162 / May - \$189

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

SQUIDS

SWIM TEAM



ADULT SWIMMING LESSONS

Private lessons are available for adults at any level. If interested please register online through CampBrain at <https://srsrc.campbrainregistration.com/>.

ADULT PRIVATE LESSONS @ TRAILS LOCATION

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) 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

Registration is open at <https://srsrc.campbrainregistration.com/>

COST

- Per Month: Members Free

SUNDAYS @ 7 AM

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

WATER AEROBIC CLASSES

Free at the Aviary Pool for members.

TIMES

- Weekday Mornings: Monday -Friday 8:30am-9:15am
- Saturdays: 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.



**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 CANCELLATION

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

QUESTIONS, COMMENTS, CONCERNS

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