

# **SUMMER 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](#)

[MASTERS SWIMMING PROGRAM](#)

[DIVING LESSONS](#)

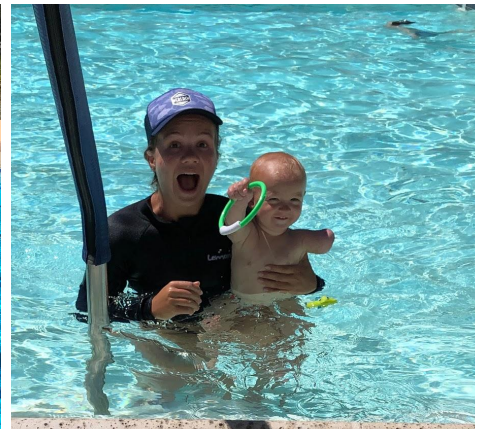
[WATER AEROBIC CLASSES](#)

[LAP SWIMMING](#)

[QUESTIONS, COMMENTS, CONCERNS](#)

# GROUP SWIM LESSONS @ TRAILS

Group swim lessons are offered throughout the Summer, on Monday, Tuesday, Wednesday, Thursday mornings and afternoons, or on Saturday mornings at the 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 [www.srsrc.com](http://www.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:** June 20, 21, 22, 23, 27, 28, 29, 30

→ Members: \$145 Non-Members: \$175

**Session 2:** July 5, 6, 7, 11, 12, 13, 14 **\*No class July 4**

→ Members: \$127 Non-Members: \$155

**Session 3:** July 18, 19, 20, 21, 25, 26, 27, 28

→ Members: \$145 Non-Members: \$175

**Session 4:** August 1, 2, 3, 4, 8, 9, 10, 11

→ Members: \$145 Non-Members: \$175

**Session 5:** August 15, 16, 17, 18, 22, 23, 24, 25

→ Members: \$145 Non-Members: \$175

## WEEKEND LESSONS (4 Half-Hour Lessons)

SATURDAYS (4 Consecutive Weeks)

**Session A:** June 18, 25, July 2, 9

→ Members: \$80 Non-Members: \$100

**Session B:** July 16, 23, 30, August 6

→ Members: \$80 Non-Members: \$100

**Session C:** August 13, 20, 27, September 3

→ 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:
  - To get the child comfortable with the water
  - To create a bonding experience for the parent and child in the water

### WEEKDAY TIMES (M/T/W/Th):

- No weekday times available during Summer

### WEEKEND TIMES (Saturdays):

- 10:35 am-11:05 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 AM (M/T/W/TH):

- 10:40 am - 11:10 am

### WEEKDAY TIMES PM (M/T/W/TH):

- 3:10 pm-3:40 pm
- 3:45 pm-4:15 pm
- 4:55 pm-5:25 pm

### WEEKEND TIMES (Saturdays):

- 10:00 am - 10:30 am
- 11:45am - 12:15 pm

## 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 AM (M/T/W/TH):**

- 10:05 am - 10:35 am
- 11:50 am - 12:20pm

**WEEKEND TIMES (Saturdays):**

- 11:10 am - 11:40 pm

**WEEKDAY TIMES PM (M/T/W/TH):**

- 2:35 pm-3:05 pm
- 3:45 pm-4:15 pm
- 4:55 pm-5:25 pm

## **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 AM (M/T/W/TH):**

- 9:30 am - 10:00 am
- 10:40 am-11:10 am

**WEEKEND TIMES (Saturdays):**

- 10:00 am - 10:30 am
- 11:45 am - 12:15 pm

**WEEKDAY TIMES PM (M/T/W/TH):**

- 3:10 pm-3:40 pm
- 4:20 pm-4:50 pm
- 5:30 pm - 6:00 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 AM (M/T/W/TH):**

- 10:05 am-10:35 am
- 11:50 am - 12:20 pm

#### **WEEKEND TIMES (Saturdays):**

- 10:35 am - 11:05am
- 11:45 am - 12: 15pm

#### **WEEKDAY TIMES PM (M/T/W/TH):**

- 2:00 pm - 2:30 pm
- 4:20 pm - 4:50 pm
- 5:30 pm - 6:00 pm

## **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 AM (M/T/W/TH):**

- 9:30 am - 10:00 am
- 10:40 am - 11:10 am

#### **WEEKEND TIMES (Saturdays):**

- 10:35 am - 11:05 am

#### **WEEKDAY TIMES PM (M/T/W/TH):**

- 2:00 pm-2:30 pm
- 3:45 pm - 4:15 pm
- 5:30 pm - 6:00pm

## **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 AM (M/T/W/TH):**

- 9:30 am - 10:00 am
- 11:15 am - 11:45 am

#### **WEEKEND TIMES (Saturdays):**

- 11:10 am - 11:40 am

#### **WEEKDAY TIMES PM (M/T/W/TH):**

- 2:35 pm - 3:05 pm
- 3:10 pm - 3:40 pm
- 6:00 pm - 6:30 pm

\*Lesson Pool\*

## **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, elementary backstroke comfortably, and increase endurance in Freestyle
  - Introduction to breaststroke kick
  - Deep water object retrieval, and deep-water diving

#### **WEEKDAY TIMES AM (M/T/W/TH):**

- 10:05 am - 10:35 am
- 11:50 am - 12:20 pm

#### **WEEKEND TIMES (Saturdays):**

- 11:10 am - 11:40 am

#### **WEEKDAY TIMES PM (M/T/W/TH):**

- 2:35 pm - 3:05 pm
- 4:20 pm - 4:50 pm
- 6:00 pm - 6:30 pm

## **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 AM (M/T/W/TH):**

- 10:40 am - 11:10 am
- 11:50 am - 12:20 pm

#### **WEEKEND TIMES (Saturdays):**

- 12:20 pm - 12:50 pm

#### **WEEKDAY TIMES PM (M/T/W/TH):**

- 2:00 pm - 2:30 pm
- 3:10 pm - 3:40 pm
- 4:55 pm - 5:25 pm

## **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 AM (M/T/W/TH):**

- 10:05 am - 10:35 am

#### **WEEKEND TIMES (Saturdays):**

- 12:20 pm - 12:50 pm

\*Combined  
w/Swordfish

#### **WEEKDAY TIMES PM (M/T/W/TH):**

- 2:00 pm - 2:30 pm
  - 3:45 pm - 4:15 pm
- \*Combined w/ Swordfish

## 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 (should have beginning knowledge in all these strokes) or children who have passed the Dolphin level. They should be able to swim 50 yards 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 AM (M/T/W/TH):

- 11:15 am - 11:45 am

### WEEKDAY TIMES PM (M/T/W/TH):

- 2:35 pm - 3:05pm
  - 3:45 pm - 4:15 pm
- \*Combined w/ Dolphin

### WEEKEND TIMES (Saturdays):

- 12:20pm - 12:50 pm
- \*Combined  
w/Dolphin

## MAKE UP/CANCELLATION POLICY

If you need to schedule a make up for any reason please contact Aquatics Director Kristin Neth, at [kristin@srrsrc.com](mailto:kristin@srrsrc.com). Our cancellation policy is: \$15 to cancel before the first lesson, \$10 fee to transfer classes/sessions, and after the class has begun, a refund will no longer be offered. For transfers or cancellations, please contact Kristin, at [kristin@srrsrc.com](mailto:kristin@srrsrc.com).

## QUESTIONS?

If you have any questions regarding swim lessons, please feel free to contact the Aquatics Director Kristin Neth, by email [kristin@srrsrc.com](mailto:kristin@srrsrc.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 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

### 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 contact the Assistant Aquatics Director, Kristin Neth, at [kristin@srsrc.com](mailto:kristin@srsrc.com) or 858-271-6222 ext. 133 to schedule private lessons. You will need to login to CampBrain at <https://srsrc.campbrainregistration.com/> and register for the private or semi-private interest list.

# 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 the strokes. If you are interested in joining the group, please contact

Assistant 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@srsrc.com](mailto:kristin@srsrc.com).

## WORKOUT SCHEDULE

### **Tuesdays, Wednesdays, and Thursdays @ Trails**

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

**Squids 2:** June Session 1 Practice: 4:00-5:00pm

**Members:** June Session 1 - \$75 / June Session 2 - \$62.50 / July - \$100 / August \$112.50

**Non-Members:** June Session 1 - \$90 / June Session 2 - \$75 / July - \$120 / August \$135



## ADULT SWIMMING LESSONS

Below, you will find a description of the two adult classes that we currently offer: Adult Swim 101, and Adult Swim 102. The dates, times, and costs are also shown below.

# 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

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

### **COST**

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

## **SUNDAYS @ 7 AM**

# DIVING LESSONS

## **SPRINGBOARD DIVING**

**9875 Aviary Drive, San Diego, CA 92131**

Divers will learn the fundamentals of springboard diving, including front and back line ups, hurdles, and back jumps. From there, divers will work towards dives, somersaults, and twists. All levels from beginner to advanced are welcome. Participants must be strong swimmers and comfortable swimming in the diving well (12 feet deep).

## **TUESDAYS & THURSDAYS @ AVIARY 4:15pm-5:00pm**

- Session 1 - June 30, July 2, 7, 9
- Session 2 - July 14, 16, 21, 23

### **COST PER SESSION**

\$95 members / \$120 non-members

Please contact Amy, Assistant General Manager, at (858) 271- 6222 ext. 104, or by email at [amy@srsrc.com](mailto:amy@srsrc.com) for more information.

# WATER AEROBIC CLASSES

Free at the Aviary Pool for members. This class is a low impact class in the shallow water.


## TIMES

- Mornings: Monday -Friday 8:30am-9:30am
- 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.



**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 CANCELTION

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

# QUESTIONS, COMMENTS, CONCERNS

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