



Together, we can save a life

# PUSD Summer Swim Lessons

Poway Unified School District - 15250 Avenue of Science San Diego, Ca 92128

For more registration information, please contact Aquatics Coordinator, Tim Oelgoetz at e-mail address: [toelgoetz@powayusd.com](mailto:toelgoetz@powayusd.com) or call 858-521-2873

Visit: <https://www.powayusd.com/en-US/Departments/Business-Support/Aquatics-Services/Aquatics-Services>



## Swim Lesson Dates

Session 1 June 22 – July 2 \$300 Semi-Private (1:2)/\$240 Private (1:1)  
Session 2 July 6 – July 16 \$300 Semi-Private (1:2)/\$240 Private (1:1)

\*Sessions 1 and 2 will only be offered in a private or semi-private format.

\*Participants in the semi-private format do not need to be at the same ability level, but **MUST** be from the same household (e.g. – siblings).

\*Swim lessons are 30 minutes M-TH. Each session is 2-weeks/ 8 classes.

\*Registration information and pricing for session 3 and 4 will be announced at a later date.

## Adapted Aquatics

Offered only at Del Norte High School

Session 1 June 22 – June 25 (AM/PM Classes offered) \$160 Private (1:1)  
Session 2 June 29 – July 2 (AM/PM Classes Offered) \$160 Private (1:1)  
Session 3 July 6 – July 9 (PM Classes offered) \$160 Private (1:1)  
Session 4 July 13 – July 16 (PM Classes offered) \$160 Private (1:1)

\*Swim lessons are 35 minutes M-TH. Each session is 1-week/4 classes.

## Swim Lesson Times Monday – Thursday

**DAILY CLASSES: Offered only at Rancho Bernardo and Del Norte High Schools**

10:45-11:15am Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted  
11:30-12:00pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted  
12:15-12:45pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted

### BREAK 12:45-1:45pm

1:45-2:15pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted  
2:30-3:00pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted  
3:15-3:45pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted  
4:00-4:30pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted  
4:45-5:15pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks  
5:30-6:00pm Beginning and Advanced Starfish, Otters, Dolphins, Sharks

**Please refer to the website to learn more about the lesson levels.**

## Swim Lesson Sign-up

**Registration Dates:** Monday –Thursday Only, June 8 –June 18

**Time:** 2:00pm – 6:00pm

**Location:** Poway Unified School District Office, 15250 Avenue of Science San Diego, Ca 92128

Once swim lessons begin on June 22<sup>nd</sup>, then you will only be able to sign up at the school site pool office. We cannot accommodate mail-in registrations. Also, please note that class sizes are limited, so sign-up early!

The last day to register for a session is the Wednesday before it starts.

**Please make checks payable to PUSD.  
No cash or credit cards will be accepted.**

## Swim Lesson Information

First and foremost, anyone who attends a class (swimmer, parent, or siblings) should do so only if they are not ill or experiencing symptoms of any kind.

With regard to COVID-19, the symptoms would include:

- Fever or chills
- Respiratory illness or breathing difficulty
- Cough
- Any other symptoms listed on the CDC website (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention>)

## Swim Lesson Information continued...

The following procedures are for swim lesson students and parent wishing to use the pool:

1. Arrive on time for your scheduled swim lesson and wait in the designated lesson area.
2. Swimmers will arrive and depart dressed in their suits.
3. The pool deck will be marked with cones and/or tape to direct the swimmers to their proper place and to control traffic around the pool.
4. Everyone must have some form of facial covering, unless for medical reasons, while on the pool deck.
5. We will control access to/from the pool to minimize contact with others (either using different doors/gates or arrivals and departures at staggered intervals).
6. At the conclusion of the swim lesson, no congregating. Exit the facility, so the next group may enter.
7. During the lesson time, please stay in the designated area in which assigned to observe.
9. Hand sanitizers will be made available for all pool users.
10. Before coming to the pool, swimmers are expected to have their temperatures checked and also do symptoms check at home.
11. The locker rooms and bath rooms will be kept closed except for emergency. Locker rooms will be closed and locked, with use only for emergency toilet needs, which must occur one at a time and cleaned after use. Swimmers will arrive and leave in swim suits.
12. Water Fountains will be off limits and will be covered. Swimmers must bring their own water bottle to participate.
13. Instructors will cleanse their hands in the pool water as a disinfectant between interactions of each child.
14. Adults in attendance must remain six-feet apart if non-household members while viewing lessons.
15. The bleachers and deck will have markings to designate areas that they are able to sit and maintain social distancing.
16. Patrons may bring in their own chairs for sitting on. There will be no community chairs.
17. The showers will be closed and not available for use.

## Lap Swim Times

**Time:** Monday - Thursday between 11:00am-6:00pm.

**Dates:** June 22<sup>nd</sup> – July 16<sup>th</sup>; additional dates - TBD

**Cost:** 20 visits/\$150.00 (punchcard purchased in advance)

**Location:** Rancho Bernardo and Del Norte High Schools

The following procedures are for lap swimmers wishing to use the pool:

1. Call RB Pool (858) 674-7366 or DN Pool (858) 487-0877 ext.6248, 24 hours in advance to schedule a date and time to swim.
2. Please arrive in your swimsuit and bring any swim equipment you may need. The locker rooms will be closed and the restrooms are for emergencies only. **Please also bring the signed waiver with you. You can print this out from the website.**
3. Arrive 10 minutes before your scheduled time and check-in at the pool office. Please follow proper social distancing and wear a face covering.
4. Once the pool is ready for your swim session you will be directed to your assigned lane. There will be a chair to place your belongings. You can remove your face covering at this time.
5. Each swim session will start at the top of the hour and conclude 45 minutes later.
6. When exiting the pool, follow social distancing protocol and wear your face covering.

The PUSD Aquatics Team will sanitize the pool area between swim lessons and lap swim sessions and will follow all CDC and county health recommendations.