



# 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 Lessons will only be offered at the Rancho Bernardo High School Pool for Summer 2023.

### Swim Lesson Dates

Session 1	June 20 – June 29*	\$87.50 Group Lessons
Session 2	July 3 – July 13*	\$87.50 Group Lessons
Session 3	July 17 – July 27	\$100.00 Group Lessons
Session 4	July 31 – August 10	\$100.00 Group Lessons

- \*No class will be held on Monday June 19th due to holiday schedule
- \*No class will be held on Tuesday July 4th due to holiday schedule.
- \*Swim lessons are 30 minutes M-TH. Each session is 2-weeks/ 8 classes.
- \*Session 4 classes will only be offered in the afternoons.

### Adapted Aquatics Dates

Session 1	June 20 – June 22*	\$105 Private (1:1)
Session 2	June 26 – June 29	\$140 Private (1:1)
Session 3	July 3 – July 6*	\$105 Private (1:1)
Session 4	July 10 – July 13	\$140 Private (1:1)
Session 5	July 17 – July 20	\$140 Private (1:1)
Session 6	July 24 – July 27	\$140 Private (1:1)

- \*No class will be held on Monday June 19th due to holiday schedule
- \*No class will be held on Tuesday July 4th due to holiday schedule.
- \*Swim lessons are 30 minutes M-TH. Each session is 1-week/ 4 classes.

### Lesson Times Monday – Thursday

#### DAILY CLASSES:

10:00-10:30am	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
10:40-11:10am	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
11:20-11:50am	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
12:00-12:30pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks

#### BREAK 12:45-1:15pm

1:30-2:00pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted
2:10-2:40pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted
2:50-3:20pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted
3:30-4:00pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks, Adapted
4:10-4:40pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks

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

### Swim Lesson Sign-up

The PUSD uses an online registration process for your convenience! There will be a 5.25% service fee added to the cost of swim lessons for this online registration service.

**Registration Dates:** Online Registration Opens Tuesday May 9, 2023 at 7:00am.

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

Also, please note that class sizes are limited, so sign-up early!

\*ALL PUSD Swim Lesson Instructors have successfully completed the PUSD Training Program and are certified with American Red Cross as Water Safety Instructors (WSI) along with CPR and First Aid. PUSD cannot guarantee specific or consistent instructors, despite our best effort to do so.

### Swim Lesson Levels

PUSD'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 3 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 3 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. Class size ratio will be 1 instructor to 5 students.

**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.** Class size ratio will be 1 instructor to 5 students.

**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 PUSD's swim lesson program. This level introduces the techniques necessary to enter the entry levels of our year round competitive swim team. Class size ratio will be 1 instructor to 5 students.

**Adapted Aquatics** Swim lessons are designed to help any level of swimmer or non-swimmer with special needs. Lessons will be specifically tailored to the needs and ability of each child including: introduction to the water, basic water fundamentals, introductory stroke instruction and stroke refinement. The goal is to teach children a new understanding of water safety and give them the opportunity to learn new swimming skills. Class size ratio will be 1 instructor to 1 student.

### Lap Swim Times

**Location/Time:** Rancho Bernardo High School between 10:30am-4:30pm

**Dates:** June 20 – August 10

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

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

1. Call RB Pool (858) 674-7366, 24 hours in advance to schedule a date and time to swim. We will accommodate drop-ins with a punchcard purchased in advance online.
2. Bring your receipt from purchasing your punchcard online to your first day of lap swimming to pick up your actual punchcard from the pool office.