



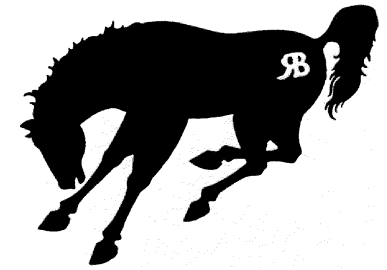
Together, we can save a life

# RBHS Summer Swim Lessons

13010 Paseo Lucido San Diego, CA 92128 ~ (858) 485 – 4800 ext. 4567

For Complete Summer Info & Registration Form

Visit - <http://www2.powayusd.com/PUSDRBHS/athletics/TEAMS/aquatics/.com>



## Swim Lesson Dates

Session 1	June 17 – June 28	\$90.00
Session 2	July 1 – July 12*	\$81.00
Session 3	July 15 – July 26	\$90.00
Session 4	July 29 – August 2	\$45.00

\*No class will be held on Thursday July 4th due to holiday schedule.

## Swim Lesson Times Monday – Friday

### AFTERNOON CLASSES:

1:30-2:00pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
2:10-2:40pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
2:50-3:20pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
3:30-4:00pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
4:10-4:40pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
4:50-5:20pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks
5:30-6:00pm	Beginning and Advanced Starfish, Otters, Dolphins, Sharks

## Swim Lesson Sign-up

All sign-ups for swim lessons will take place at the **Rancho Bernardo High School pool office** (see directions to school on the back of this flyer). We cannot accommodate mail-in registrations. Also, please note that class sizes are limited, so sign-up early!

All PUSD Employees first day to sign-up is **Monday April 29, 2019** from 3:00pm – 8:00pm in the pool office.

The first day for everyone to sign-up is **Monday May 6, 2019** from 3:00pm – 8:00pm in the pool office.

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.**

## Lesson Levels

RBHS'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 4 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 4 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.

**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.**

**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 RBHS's swim lesson program. This level introduces the techniques necessary to enter the entry levels of our year round competitive swim team.

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

### ATTENTION ALL INCOMING FRESHMAN:

Did you know all freshmen are required to take swim PE? Whether you want to take group or private lessons or summer swim team, RBHS can help you prepare for your swim PE class.