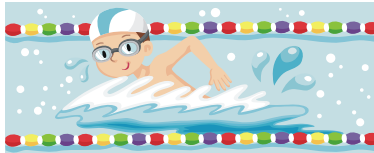


Acalanes Union High School District Presents 2016 SPRING SWIMMING LESSONS



LOCATION:

Soda Aquatic Center at Campolindo High School – 300 Moraga Rd., Moraga, CA

CLASS/INSTRUCTOR INFORMATION:

- ★ Pools range in temperature from 82-84° F.
- ★ Expert instruction for swim lesson students of all ability levels. Emphasis is on building a strong foundation of basic skills - essential for proper swimming technique - and life-long swimming enjoyment.
- ★ Classes are open to adults and to children. (Group lessons are open to students 17 & younger. Private lessons are available for both children and adults.)
- ★ Preschool Aquatics classes are limited to two students per instructor. Levels 1, 2 & 3 are limited to three students per instructor. Levels 4 - 6 are limited to four students per instructor.
- ★ Students are grouped according to age and ability.
- ★ Classes will be conducted rain or shine.
- ★ Small classes stimulate the most successful teaching and provide students with the pleasure of sharing and competing in a positive learning environment.

SESSION DATES:

	Day	Dates
Group 1	Saturdays	April 16, 23, 30, May 7, 14 & 21
Group 2	Sundays	April 17, 24, May 1, 8, 15 & 22

LESSON TIMES:

- Lessons are 25 minutes in length. Start times are listed below.
- Times may change as a result of participant ability or low enrollment.
- **To promote collaborative learning, only one private lesson will be scheduled per lesson time.**
Additional private lessons will be added, space permitting, beginning Monday April 4.

Level	Morning Lessons	Afternoon Lessons
Guppies	10:30	3:00pm
Minnows	11:00	3:30pm
Preschool Aquatics (Sundays only)	10, 11:30, 12	1:30, 2, 2:30
Level 1 (Tadpoles)	9:30, 10, 10:30, 11, 11:30 & 12	1:30, 2, 2:30, 3, 3:30
Level 2 (Polliwogs)	9:30, 10, 10:30, 11, 11:30 & 12	1:30, 2, 2:30, 3, 3:30
Level 3 (Frogs)	9:30, 10, 10:30, 11, 11:30 & 12	1:30, 2, 2:30, 3, 3:30
Level 4 (Seals)	9:30, 10, 10:30, 11, 11:30 & 12	1:30, 2, 2:30, 3, 3:30
Level 5 (Dolphins)	9:30, 10, 10:30, 11, 11:30 & 12	1:30, 2, 2:30, 3, 3:30
Level 6 (Sharks)	9:30 & 11	1:30 & 2:30
Private	9:30, 10, 10:30, 11, 11:30 & 12	1:30, 2, 2:30, 3, 3:30

FEES:

- ★ Private Lessons – Six 25-Minute Lessons - \$275
- ★ Preschool Aquatics – Six 25-Minute Lessons - \$165
- ★ Group Lessons – Six 25-Minute Lessons - \$135
- ★ Each class must have a minimum of two students enrolled one week prior to the class beginning or it will be cancelled
- ★ All fees are due before the first day of the course. No pro-rating or make-ups.
- ★ Scheduling is subject to change.

See Reverse Side of Flier for Registration Information & Lesson Level Descriptions

LESSON LEVEL DESCRIPTIONS:

Guppies – Parents must accompany their child into the pool for these lessons. This class is a great opportunity for parents to bond with their children while getting them acquainted with the aquatic environment. *Prerequisite:* Must be between the ages of six months and two years.

Minnows – Parents must accompany their child into the pool for these lessons. This class is a continuation of the Guppies class, designed to prepare children for swim lessons on their own. *Prerequisite:* Must be between the ages of two years and four years.

Preschool Aquatics – This class is designed to orient young preschool children to the aquatic environment and to help them gain basic aquatic skills in each category at the most rudimentary levels. It also helps children develop comfort in, on and around water. Classes are limited to two students per instructor. *Prerequisite:* Must be between the ages of two and four and have Minnows instructor recommendation.

Level 1 – Tadpoles – This class is designed as an introduction to water skills that will help students feel comfortable in the water. Participants learn to: Enter and exit the water safely; exhale underwater; float on front and back with support; explore swimming movements; open eyes underwater; submerge face to pick up objects; and follow basic water safety rules. *Prerequisite:* Must be at least four years of age on the first day of class.

Level 2 – Polliwogs – This class is an introduction to fundamental aquatic skills. Participants learn to: Exit water using ladder or side; float on front and back without support; open eyes underwater while submerging head to retrieve objects; perform rhythmic breathing; glide on front and back; roll over from front to back and back to front; and swim on front and back using combined strokes and treading water. *Prerequisites:* Must be able to do five bobs in repetition and a front float with support.

Level 3 – Frogs – This class is designed for students to develop their strokes and work on coordination. Participants learn to: Jump into deep water from the side, submerge and retrieve an object; bob with head fully submerged: change from vertical to horizontal positions; dive from a sitting or kneeling position; side breathe, survival float, tread water; swim the front and back crawls and elementary backstroke; perform the scissor kick and butterfly kick and body motion. *Prerequisite:* Must be able to float on front and back and swim the front crawl 5 yards and be comfortable with backstroke arm action.

Level 4 – Seals – This class is for further improvement of students' coordinated strokes. Participants will learn to: Swim under water; perform a feet-first surface dive; tread water using various kicks and sculling arm motions, dive from compact or stride position, perform open turns on front and back, swim front and back crawls, breaststroke and butterfly; swim on side with scissor kick. *Prerequisite:* Must be able to swim the front crawl for 15 yards with side breathing, the back crawl for 15 yards with good coordination, and elementary backstroke.

Level 5 – Dolphins – This class is designed to provide further refinement of front crawl, back crawl, breaststroke, butterfly, and elementary backstroke. In addition, participants learn to: Shallow dive into a stroke; shallow dive from the side; swim the sidestroke; survival swim; perform tuck and pike surface dives; perform flip turns while swimming on front and back; and perform rescue breathing. *Prerequisites:* Must be able to swim the front and back crawls for 25 yards each, elementary backstroke for 20 yards, and breaststroke for 10 yards.

Level 6 - Sharks – This class refines all six strokes so students swim them with ease and efficiency – power and consistency over greater distances. The level is designed with "menu" options that focus on preparing students for more advanced classes such as Lifeguard Training, or other aquatic activities. Options include: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, and Fitness Swimmer. *Prerequisites:* Must be able to swim the front and back crawls for 50 yards each, elementary backstroke, breaststroke, and sidestroke for 25 yards each, and butterfly for 15 yards.

Private Lessons – Eight 25-minute private lessons for all ages and abilities.

REGISTRATION INFORMATION:

BY MAIL: Mail your registration form and payment to Soda Aquatic Center, 300 Moraga Rd., Moraga, CA 94556. Payments are accepted by check or cash. **Checks should be made payable to Acalanes Union High School District or AUHSD.**

IN PERSON: At the Soda Aquatic Center, 8am-12noon, located on the Campolindo High School Campus: 300 Moraga Road, Moraga, CA 94556. Enter student parking lot off of Campolindo Dr., drive towards tennis courts, park in Soda Aquatic Center parking lot, and walk to facility.

NO CONFIRMATION: No news is good news. The department does not give advance confirmation for enrollment. Consider yourself registered unless otherwise notified by us. If you are in doubt of your registration, please call us at 925-280-3928 between 8am-12noon Mondays-Fridays.

REFUNDS: Refunds are allowed up to seven days prior to the first day of class; a \$15 service fee will be charged per class. **Participants may not make up classes that have been missed and all changes must be made by the second lesson.** Returned checks are subject to a \$100 charge or three times the amount of the check, whichever is less.

LIMITED ENROLLMENT – REGISTER EARLY: Enrollments are accepted in the order received. Early registration is strongly advised as some classes reach their maximum limits quickly.

REGISTER ON-TIME!!: All registrations and payments must be received in the office by the Thursday before lessons are scheduled to begin, no exceptions. There will be a \$25 late fee added to any registrations turned in after that point.

Registration forms can be obtained at the following locations:

- Soda Aquatic Center – In person, faxed to you, e-mailed to you or mailed to you.
- On line at www.acalanes.k12.ca.us, click on Web Site Navigation, enter Soda Aquatic Center

QUESTIONS?

Please contact the Soda Aquatic Center at (925) 280-3928 or at soda@acalanes.k12.ca.us.



