

# SWIM SCHOOL

## ESCUELA DE NATACIÓN

### SWIM SCHOOL FEES | TARIFAS ESCUELA DE NATACIÓN:

Resident: \$60 | Non-Resident: \$67

- Session #1 ..... June 13-23 Mon-Thu
  - Session #2\* ..... Jun 27-Jul 7 Mon-Thu (No Class on Jul 4)
  - Session #3 ..... Jul 11-21 Mon-Thu
  - Session #4 ..... Jul 25-Aug 4 Mon-Thu
  - Session #5 ..... Aug 8-11 Mon-Thu
- \*One week session

### SATURDAY SWIM SCHOOL FEES

Resident: \$45 | Non-Resident: \$52

- Session #1\* ..... Jun 11-25 (No Class on Jul 2)
- Session #2 ..... Jul 9-30
- Session #3 ..... Aug 6-27

### CHOOSE YOUR SWIM CLASS

*Please register early, as spaces fill up quickly!*

Participant must be the required age by the first day of class. Swim school registration may be done by calling 707-588-3456 (if you have an account) or by going online to our website at cityofrohnertpark.perfectmind.com.

Summer sessions (*unless otherwise noted*) will last for 8 days (2 weeks) and will run approximately 25 minutes each day Monday-Thursday.

- **Saturday Lessons at Benicia Pool** These sessions will be offered during the summer months and each session will meet 4 times. Each Saturday Swim lesson will be 40 minutes long (*except private swim lessons.*)
- Please note, there will be no swim school from July 2-4, 2022
- Participants may not make up classes, which have been missed. If your child is sick the first few days of class, they are encouraged to take remaining days.
- We recommend that you arrive fifteen minutes before class to check in. Parents must check in the first 2 days of class.
- Children registered for a class that they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to ensure your child is enrolled in the correct class. Any questions, please call us at 707-588-3456
- If your child graduates to a higher level, you must register them for the next level. We will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary.
- Persons will not be admitted to any fee program without being registered.
- Community Services Staff has the right to cancel or change any class at their discretion.

### WATER BABIES (WB) | NIVEL BEBÉS

Ages: 6 months-3 years

This is a FUN introduction to the water. Participants will work on a variety of skills in a casual setting. Water adjustment and beginner skills such as blowing bubbles, going underwater, jump-ins, floating, kicking and scooping will be introduced to students as well as parents. The program is designed to use games and learn songs to teach you to work with your child on water adjustment and introductory skills. **Parent participation in the water is required. One child per parent only. A Water diaper is required for children that are not potty-trained. No lifejackets on children.**

### GUPPIES (GUP) | NIVEL PECECITOS

Ages: 3-5

Offered in the shallow end near the steps. Beginning skills, no prior swimming knowledge necessary. Working on being comfortable in the water through games, skills, and imagination. Skills covered include supported floating, kicking, using a kickboard, blowing bubbles, jump-ins, and going underwater. Students will also learn how to enter and exit the pool safely. **Parents are not allowed to enter water with kids.**

### SEA OTTERS (SEA) | NIVEL NUTRIA MARINA

Ages: 3-5

Offered in shallow end near the side of the stairs. Children must be comfortable going underwater on their own. Students will learn how to glide on their own and float unsupported. Elementary backstroke and front crawl will be introduced. **Prerequisite: Students must be able to go underwater unsupported.**

### DOLPHINS (DOLP) | NIVEL DELFINES

Ages: 3-5

Offered in water around 4ft or deeper. Students will learn to swim farther distances, side breathe, swim underwater, turn over on their own from front to back, jump-ins, and be introduced to back crawl. All unsupported by the instructor. **Prerequisite: Students must be able to float on front and back unsupported. Students must be able to swim 5 yards of front crawl and kick unsupported.**



### LEVEL 1 (LEV1) | NIVEL 1

Ages: 6-12

Offered in water 3ft or deeper. Beginning skill, no prior swimming knowledge necessary. Classes will be focused around water adjustment learning to float on their front and back, kicking with and without a kickboard, front crawl, back crawl, jump-ins, and elementary backstroke. Students will also learn how to enter and exit the pool safely.

### LEVEL 2 (LEV2) | NIVEL 2

Ages: 6-12

Offered in water 4ft or deeper. Classes will focus on side breathing as well as the technique for front crawl, jumping into deep water, back crawl, and elementary backstroke. Students will be introduced to diving as space permits. **Prerequisite: Students must be able to swim 5 yards on their front and back unsupported.**

## SWIM SCHOOL CONTINUED

### LEVEL 3 (LEV3) | NIVEL 3

Ages: 6-12

Offered in deep end of pool if space permits. Students will focus on refining side breathing, as well as back crawl. Students will also begin to learn the breaststroke kick and dolphin kick. Practice more diving skills as space permits. **Prerequisite: Students must be able to swim front and back crawl 10 yards.**

### LEVEL 4 (LEV4) | NIVEL 4

Ages: 6-12

Students will learn breaststroke arms and how to coordinate with the kick, as well as an introduction to butterfly. They will learn how to tread water as well as how to do a standing dive, all while focusing on technique for front crawl and back crawl. **Prerequisite: Students must be able to swim 25 yards of front crawl with side breathing and back crawl.**

### PRIVATE SWIM LESSONS (PRIVATE)

#### CLASES DE NATACIÓN PRIVADAS

Private swim lessons are developed and designed to be structured around the participant's swimming ability. Our instructors create a specific swim lesson plan catered toward each participant. These custom swim lessons are one to one student to instructor ratio. Set of four 25-minute private lessons.

Ages: 3+ | Fee: Resident \$120 | Non-Resident \$127

### SPORTS & FITNESS PACKAGES

Unlimited Lap Swimming is included in Sports, Fitness, and Recreation membership packages 2 and 3. Starting at \$25 per month you may join our state-of-the-art fitness center and swim laps at any of the city pools (as available). **For more information see pages 3 & 4 or go to [rpcity.org/sportscenter](http://rpcity.org/sportscenter).**

## WEEKDAY SWIM SCHOOL - BENICIA POOL & HONEYBEE POOL

There will be five sessions of swim school this year with weekday lessons at Benicia and Honeybee Pool, and Saturday lessons at Honeybee Pool! Please see pages 18-19 for full descriptions of our class levels.

| HONEYBEE<br>POOL<br>AM SESSIONS<br>1,2,3,4,5 |         | WB | GUP | SEA | DOLP | LEV 1 | LEV 2 | LEV 3 | LEV 4 | PRIVATE |
|----------------------------------------------|---------|----|-----|-----|------|-------|-------|-------|-------|---------|
|                                              | 10am    |    | X   | X   |      | X     | X     |       | X     | X       |
|                                              | 10:30am |    | X   |     | X    | X     |       | X     | X     | X       |
|                                              | 11am    |    | X   | X   |      | X     | X     |       |       | X       |
|                                              | 11:30am |    | X   | X   | X    | X     |       | X     |       | X       |
|                                              | Noon    | X  | X   |     |      |       | X     | X     |       | X       |
|                                              | 12:30pm | X  | X   | X   |      | X     |       |       | X     | X       |

| BENICIA<br>POOL<br>PM SESSIONS<br>1,2,3,4,5 |        | WB | GUP | SEA | DOLP | LEV 1 | LEV 2 | LEV 3 | LEV 4 | PRIVATE |
|---------------------------------------------|--------|----|-----|-----|------|-------|-------|-------|-------|---------|
|                                             | 4pm    | X  | X   | X   |      | X     |       |       |       | X       |
|                                             | 4:30pm |    | X   |     | X    | X     | X     | X     |       | X       |
|                                             | 5pm    |    | X   | X   |      | X     | X     |       |       | X       |
|                                             | 5:30pm |    | X   |     | X    | X     | X     | X     |       | X       |
|                                             | 6pm    | X  | X   | X   |      | X     |       | X     |       | X       |
|                                             | 6:30pm | X  | X   |     |      | X     |       | X     | X     | X       |

## SATURDAY SWIM SCHOOL - BENICIA POOL

| BENICIA<br>POOL<br>SAT SESSIONS<br>1,2,3 |         | WB | GUP | SEA | DOLP | LEV 1 | LEV 2 | LEV 3 | LEV 4 | PRIVATE |
|------------------------------------------|---------|----|-----|-----|------|-------|-------|-------|-------|---------|
|                                          | 9:00am  |    | X   |     |      | X     | X     | X     | X     | X       |
|                                          | 9:45am  | X  | X   | X   |      | X     | X     |       |       | X       |
|                                          | 10:30am | X  | X   | X   | X    | X     |       |       |       | X       |
|                                          | 11:15am | X  | X   | X   |      |       | X     | X     |       | X       |