

SUMMER SWIM LESSONS 2018



LEVEL 1: Students will have fun with elementary aquatics skills and water exploration. Students will become more comfortable and safer in and around water. This entry-level course is open to all 4 years and up. **5 students per 1 instructor.**



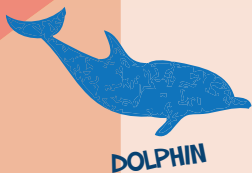
LEVEL 2: Students with basic water skills and who are somewhat comfortable in the water are suited for this class. Students start to gain independence through fundamental skills in front crawl and back crawl. It is also exciting to see the Frogs learn basic breathing and self-rescue techniques. **6 students per 1 instructor.**



LEVEL 3: Students with a basic foundation in front/back crawl are ready for this class. Otters will build on that foundation, as well as gain skills in elementary backstroke, breaststroke & treading water. More fun in the water starts to open up for Otters as they continue to become safer and gain more skills. **7 students per 1 instructor.**



LEVEL 4: Students with a strong foundation in front/back crawl and some Level 3 skills are well-suited for Seals. Students work on endurance, sidestroke (a basic rescue stroke), and turns in a fun and challenging setting. Students expand their independence while becoming safer in and around water. **7 students per 1 instructor.**



LEVEL 5: Students who are looking to refine skills from Levels 1-4 and become very competent swimmers will find it in Dolphins. They will get better at breast stroke, sidestroke, turns and diving. **7 students per 1 instructor.**

GUARD START: The American Red Cross Guard Start provides a foundation of lifeguarding and other life skills. For those with swimming skills, this program is an ideal transition between Learn-to-Swim and American Red Cross Lifeguarding. Ages 11-14.

FREQUENTLY ASKED QUESTIONS:

Q. What swimming level is my child?

A. Please read the descriptions and sign your child up according to what you believe their swimming abilities are.

Q. Can I register for group lessons online, over the phone, or by mail?

A. No. At this time we do not accept these forms of registration. Register in person **ONLY**.

**SPACE IS LIMITED!
CLASSES FILL QUICKLY!**

PROUD PARTNERS WITH:



American Red Cross

This is not a school sponsored activity and the San Bernardino City Unified School District does not approve, support, supervise or endorse this program/activity.

How to Register:

Group Swim Lessons

Visit the Cal State San Bernardino Student Recreation and Wellness Center on Coyote Drive.

Private Swim Lessons

Call (909) 537-2348 or complete a request form on our website and a staff member will contact you to schedule lessons and arrange payment.

Fees:

Group Swim Lessons (eight 30-minute lessons)

-\$70/Includes parking pass for the 2-week session

Guard Start/Adult Learn-to-Swim (eight 45-minute lessons)

-\$70/Includes parking pass for the 2-week session

Registration starts on Monday, April 16.

Private Swim Lessons (30 minutes)

-\$25/session - 1 person

-\$30/session - 2 people

-\$35/session - 3 people

Offered year-round. Register anytime.

Summer Swim Passes

Community

-\$65 Summer Family Pass* -\$15 for each additional

-\$30 Individual Summer Pass community member

-\$5 Day Pass

CSUSB Affiliates

Member Access - Free

-\$35 Summer Family Pass* -\$10 for each additional

-\$20 Individual Summer Pass affiliate member

-\$3 Day Pass

*Family pass is up to 4 members.

SRWC Hours:

SPRING HOURS

Monday - Thursday

6a.m. - Midnight

Friday

6a.m. - 10p.m.

Saturday

8a.m. - 6p.m.

Sunday

8a.m. - 10p.m.

SUMMER HOURS

(beginning June 17)

Monday - Thursday

6a.m. - 9p.m.

Friday - Sunday

8a.m. - 6p.m.

Due to the campus closure for infrastructure work, the SRWC is closed July 4-8. Aquatics Center is closed July 4-9.

AQUATICS SUMMER HOURS

(June 18 - August 31)

Monday - Thursday Noon - 8p.m.

Friday and Saturday Noon - 5p.m.

Swim Lesson Safety & Evaluation Days

FREE!

Saturday, June 16, July 21 from 11a.m. - noon

Students will be evaluated for correct class placement, get a safety orientation, meet instructors, and have fun.

Session 1 June 18- June 28

2:00 p.m. - 2:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

3:00 p.m. - 3:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

4:00 p.m. - 4:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

5:00 p.m. - 5:30 p.m. - LEVEL 1, LEVEL 2/3, LEVEL 4/5

6:00 p.m. - 6:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3,

6:00 p.m. - 7:00 p.m. - Adult Learn to Swim

Session 2 July 9 - July 19

2:00 p.m. - 2:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

3:00 p.m. - 3:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

4:00 p.m. - 4:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

5:00 p.m. - 5:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3/4

5:30 p.m. - 6:30 p.m. - GuardStart

6:00 p.m. - 6:30 p.m. - LEVEL 1, LEVEL 2/3, LEVEL 4/5

6:00 p.m. - 7:00 p.m. - Adult Learn to Swim

Session 3 July 23 - August 2

3:00 p.m. - 3:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

4:00 p.m. - 4:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

5:00 p.m. - 5:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3/4

6:00 p.m. - 6:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3, LEVEL 4/5

6:00 p.m. - 7:00 p.m. - Adult Learn to Swim

Session 4 August 6 - August 16

4:00 p.m. - 4:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

5:00 p.m. - 5:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 3

6:00 p.m. - 6:30 p.m. - LEVEL 1, LEVEL 2, LEVEL 4/5

6:00 p.m. - 7:00 p.m. - Adult Learn to Swim

* Classes for any level will be adjusted for any time slot based upon need and available staffing



For more information, call (909) 537-2348 or visit recwell.csusb.edu