

# SUMMER SWIM LESSONS 2019



TADPOLE

**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.**



FROG

**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.**



OTTER

**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.**



SEAL

**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.**



DOLPHIN

**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. Register online at [recshop.csusb.edu](http://recshop.csusb.edu). Over the phone or mail registration is **not** available at this time.

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

PROUD PARTNERS WITH:



**American  
Red Cross**

# How to Register:

## Group Swim Lessons

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

## Private Swim Lessons

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 8th.

Register online at [recshop.csusb.edu](http://recshop.csusb.edu)

### 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\*

-\$30 Individual Summer Pass

-\$5 Day Pass

-\$15 for each additional

community member

### CSUSB Affiliates

Member Access - Free

-\$35 Summer Family Pass\*

-\$20 Individual Summer Pass

-\$3 Day Pass

-\$10 for each additional

affiliate member

\*Family pass is up to 4 members.

## AQUATICS SUMMER HOURS

(beginning June 17)

Monday - Thursday Noon - 8p.m.

Friday and Saturday Noon - 5p.m.

## 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 16)

Monday - Thursday

6a.m. - 9p.m.

Friday - Sunday

8a.m. - 6p.m.

### Session 1 June 17- June 27

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, LEVEL 4

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

6:00 p.m. - 6:45 p.m. - Adult Learn to Swim

### Session 2 July 8 - July 18

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

4:00 p.m. - 4:45 p.m. - Guard Start

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

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

6:00 p.m. - 6:45 p.m. - Adult Learn to Swim

### Session 3 July 22 - August 1

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

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

6:00 p.m. - 6:45 p.m. - Adult Learn to Swim

### Session 4 August 5 - August 15

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 3, LEVEL 4/5

6:00 p.m. - 6:45 p.m. - Adult Learn to Swim

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



**CSUSB**  
RECREATION  
& WELLNESS



if you are in need of a reasonable  
accommodation please call  
**909 537 2348**

For more information, call (909) 537-2348 or visit [recwell.csusb.edu](http://recwell.csusb.edu)