

Class Description

Parent/Tot- For infants and toddlers ages 6 months to 3 years. Parents are required to get in the water in this class. Infants and toddlers learn to be comfortable in the water as they learn basic swimming skills through games and songs.

Preschool- For ages 3 to 5. Helps young students adjust to the water and learn valuable water skills through teaching games and play time.

Level I: Introduction to Water Skills- For ages 5 and up. Helps students feel comfortable in the water and enjoy the water safely. Students are introduced to basic stroke technique.

Level II: Fundamental Aquatic Skills- Gives student's success with fundamental swimming skills including front crawl and back crawl.

Level III: Stroke Development- Builds on the skills in Level II by providing additional guided practice. Students must be able to swim front crawl and back crawl.

Level IV: Stroke Refinement- Develops confidence in the strokes learned and improves other aquatic skills. Also introduces breaststroke.

Level V: Stroke Refinement- Provides further coordination and refinement of strokes. Students are introduced to the dolphin kick for butterfly.

Level VI: Swimming and Skill Proficiency- Focuses on preparing students for future aquatic involvement with a variety of activities. These activities include personal water safety, lifeguard readiness, and fitness swimming.

Adult- Adult classes are available for any level upon request.



Other swim programs offered

Summer Stroke School*- This class will teach you the fundamentals of all four strokes and techniques for competitive swimming or personal development. You must be able to swim the length of the pool without stopping to join this class. We have two four-week sessions. The first session is June 17th- July 11th and the second from July 15th- August 8th. Both sessions will run 9:00am-9:40am, Monday through Thursday. The cost is \$60 per session.

Water Polo Camp*- Come and learn the skills involved in playing water polo. We are running two four-week water polo camps. The first camp will be June 17th - July 11th and the second will be July 15th - August 8th. They meet from 6:30pm to 7:15pm Monday through Thursday. The cost is \$60 per session. Limit of 10 per group.

Guard Start- Our junior lifeguard class will be held July 8th -12th from 9:00am -12:00pm . This is for ages 11-15. The cost is \$80. You will learn the essentials of lifeguarding and CPR skills. Fee covers the class, the book, and a T-shirt.

H2O Camp- Join us for FUN in the water. We are offering two camps: #1 - August 12th -16th and #2- August 19th - 23rd. Both will run 9:00am - 12:00pm. It will include instruction in the four primary strokes, water polo, and junior lifeguarding skills, as well as free swim time with organized aquatic games. This camp is limited to 20 participants between the ages of 10-14. The cost is \$50.

*Passing Red Cross Level 4 is a pre-requisite for starred programs.

All non-residents pay an additional \$5 per program/class.

For more information or to register, please contact the Aquatic Office at the Ramona Oaks Pool (789-9066) or the Recreation Center (789-4146).

All lessons & programs are held at the Ramona Oaks Pool.

