

# Youth SWIMMING Lessons

**\$160**

**SESSION /  
8 DAYS**

**ALL LESSONS ARE TAUGHT BY CERTIFIED RED CROSS  
WATER SAFETY INSTRUCTORS**



**MONDAY - THURSDAY**

@ Alpine Retreat & Camp's Pool  
415 Club House Drive, Blue Jay, CA 92317

- SESSION 1 JUNE 3RD - 6TH**
- SESSION 2 JUNE 10TH - 20TH**
- SESSION 3 JUNE 24TH - JULY 3RD (NO CLASS JULY 4TH)**
- SESSION 4 JULY 8TH - 18TH**
- SESSION 5 JULY 22ND - AUGUST 1ST**

**VISIT  
[WWW.RIM-REC.ORG](http://WWW.RIM-REC.ORG)  
TO SEE LIST OF CLASSES,  
LEVELS, AND TIMES OFFERED.**



**SCAN ME**

*Registration opens  
April 17, 2024*

# SWIMMING

## *Descriptions and Information*

### PRE-LEVEL | PARENT & ME WATER READINESS

#### “GUPPIES”



INSTRUCTORS WILL GUIDE PARENTS AND THEIR YOUNG CHILDREN AGES 1 TO 3 YEARS THROUGH GAMES AND ACTIVITIES TO BECOME COMFORTABLE IN THE WATER, SO THEY ARE READY TO LEARN TO SWIM. THESE BASIC SKILLS INCLUDE ADJUSTING TO THE WATER ENVIRONMENT, SUCH AS MAINTAINING A FRONT OR BACK POSITION IN THE WATER (HELD BY A PARENT), BLOWING BUBBLES, OR VOLUNTARILY SUBMERGING UNDER WATER.

### LEVEL 1 | INTRO TO WATER SKILLS “STARFISH”



THE CLASS IS DESIGNED FOR STUDENTS WHO HAVE HAD LITTLE TO NO EXPERIENCE IN THE WATER. THEY WILL BE INTRODUCED TO BASIC WATER COMPETENCY SKILLS INCLUDING BOBBING, SUBMERGING, BLOWING BUBBLES OR BREATH CONTROL (OLDER), FLOATING, KICKING, GLIDING AND ARM AND LEG MOVEMENTS. NO PREREQUISITE REQUIRED.

### LEVEL 2 | FUNDAMENTAL AQUATIC SKILLS

#### “SEA OTTERS”



STUDENTS BEGIN TO PERFORM SKILLS AT A SLIGHTLY MORE ADVANCED LEVEL INCLUDING INDEPENDENT SWIMMING. STUDENTS WILL LEARN FRONT AND BACK GLIDES AND FLOATS, TREADING WATER, FRONT AND BACK CRAWL AS WELL AS ENTERING THE WATER BY JUMPING OR STEPPING FROM THE SIDE. SUCCESSFUL COMPLETION OF A LEVEL 1 OR EQUIVALENT CLASS REQUIRED TO REGISTER FOR THIS LEVEL.

### LEVEL 3 | STROKE DEVELOPMENT

#### “SEA TURTLES”



STUDENTS LEARN FRONT CRAWL, ELEMENTARY BACKSTROKE, AND HEADFIRST DIVING SAFETY. THEY ARE INTRODUCED TO ROTARY BREATHING, SCISSOR AND DOLPHIN KICKS, DIVING FROM THE POOL'S EDGE IN A SEATED POSITION AND TREADING WATER FOR AN EXTENDED PERIOD. SUCCESSFUL COMPLETION OF A LEVEL 2 OR EQUIVALENT CLASS REQUIRED TO REGISTER FOR THIS LEVEL.

## LEARN TO SWIM WATER SAFETY CLASS

Our Learn to Swim/Water Safety classes for ages (4-14 years) are taught by trained, certified, professional American Red Cross Instructors in a friendly and encouraging environment. Classes are taught in small groups (6:1 max ratio) with others of their own age and skill. Each participant will be assessed to assure they are at the correct level. This year, we are offering more classes (Levels 1-3) to better assist your child in progressing further with their water competency (skills and safety). Also new this year is our Parent & Me class which will assist parents in teaching their young children water confidence. Students are encouraged to attend more than one session.

## IMPORTANT DETAILS

Students should arrive early, dressed in their swimsuits, and be ready to go in the water when the instructor starts class. Students should bring drinking water and a towel. Jewelry should be removed, and long hair secured back. Due to time availability and mountain location the pool water may be cool; wetsuits suggested. All participants must wear appropriate family friendly swimwear. The pool prohibits any clothing that is not swimwear. Children that are not potty trained are required to wear swim diapers. It is recommended to apply sunblock 15 – 20 minutes before the start of their scheduled swim lesson.

Due to limited availability no refunds or make-up classes will be issued. Each Learn to Swim/Water Safety session is 2 weeks long and meets daily Monday through Thursday (no class Friday) for a total of 8 classes per session except for Session 3 which will meet 7 times (no class on 7/4/24). Parent & Me is a parent participant class; only one adult (18+) can accompany a child in the water. Class meets 4 times (Monday-Thursday). If this class is popular, additional classes may be added at the end of the season. There is no running or play on the pool deck. Spectators and/or siblings must sit using chairs to watch the class. If there is a disturbance, you may be asked to leave. All swim lessons are taught by certified American Red Cross Water Safety Instructors.

# SWIMMING

## Schedule of Classes



### WHAT LEVEL IS YOUR CHILD?

Our swimming program has 4 levels. Use this bubble chart to help discover what level best fits your child.

**Session 01: June 3th-6th**  
**Pre-Level: Parent & Me Water Readiness**

11:00-11:30	1-2 yrs
11:30-12:00	2-3 yrs
12:00-12:30	1-2 yrs
12:30-1:00	2-3 yrs

**Session 02: June 10th-20th**  
**Level 1: Intro to Water Skills**

9:00-9:30	10-14 yrs
9:30-10:00	8-10 yrs
10:00-10:30	6-8 yrs
11:00-11:30	4-5 yrs
11:30-12:00	6-8 yrs
12:00-12:30	4-5 yrs
12:30-1:00	6-8 yrs

**Session 03: June 24th-July 3rd**  
**Level 1: Intro to Water Skills**

9:00-9:30	10-14 yrs
9:30-10:00	8-10 yrs
10:00-10:30	6-8 yrs
11:00-11:30	4-5 yrs
11:30-12:00	6-8 yrs
12:00-12:30	4-5 yrs
12:30-1:00	6-8 yrs

**Session 04: July 8-July 18th**  
**Level 1: Intro to Water Skills**

9:00-9:30	10-14 yrs
9:30-10:00	8-10 yrs
10:00-10:30	6-8 yrs
11:00-11:30	4-5 yrs
11:30-12:00	6-8 yrs
12:00-12:30	4-5 yrs
12:30-1:00	6-8 yrs

**Session 05: July 22-August 1st**  
**Level 1: Intro to Water Skills**

11:00-11:30	4-5 yrs
11:30-12:00	6-8 yrs
12:00-12:30	4-5 yrs
12:30-1:00	6-8 yrs

**Session 04: July 8-July 18th**  
**Level 2: Fundamental Aquatic Skills**

9:00-9:30	11-14 yrs
9:30-10:00	8-10 yrs
10:00-10:30	6-8 yrs
11:00-11:30	4-5 yrs
11:30-12:00	6-8 yrs
12:00-12:30	4-5 yrs
12:30-1:00	6-8 yrs

**Session 05: July 22-August 1st**  
**Level 2: Fundamental Aquatic Skills**

9:00-9:30	10-14 yrs
9:30-10:00	8-10 yrs
10:00-10:30	6-8 yrs
11:00-11:30	4-5 yrs
11:30-12:00	6-8 yrs
12:00-12:30	4-5 yrs
12:30-1:00	6-8 yrs

**Session 05: July 22-August 1st**  
**Level 3: Stroke Development**

9:00-9:30	10-14 yrs
9:30-10:00	8-10 yrs
10:00-10:30	6-8 yrs



**START HERE:**

**IS YOUR CHILD 4 + YEARS ?** *No!*

*yes!*



**PRE-LEVEL**

**CAN YOUR CHILD FLOAT INDEPENDENTLY ON HIS/HER BACK?** *No!*

*yes!*



**LEVEL 1**

**CAN YOUR CHILD COMFORTABLY DO THE FREESTYLE AND BACKSTROKE?** *No!*

*yes!*



**LEVEL 2**



**LEVEL 3**

