SPRING 2021
AQUATICS BROCHURE

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GROUP SWIM LESSONS @ TRAILS

Group swim lessons are offered throughout the Spring, on Monday, Tuesday, Wednesday, Thursday mornings to mid-afternoon. Lessons are available to both members and non-members of SRSRC. These lessons are available for children aged 6 months to 12 years, and adult lessons are also available for ages 12+ (please see Adult Lesson section). Below you will find information about: dates, times, cost (member and non member pricing available), and level descriptions. Sign ups are available online at www.srsrc.com. If you have any other questions, please contact the Assistant Aquatics Director, Kristin Neth, by email, kristin@srsrc.com, or by phone at (858) 271-6222 ext. 133.

Lessons are located at 10216 Scripps Trail, San Diego, CA 92131

COVID-19 FAQ's

Statements related to COVID-19 will be highlighted in blue throughout the brochure. Please pay special attention to these items as they may reflect differences compared to our normal swim lesson operations.

Statement of Risk Related to COVID-19

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. By visiting SRSRC, you voluntarily assume all risks related to exposure to COVID-19 for you and your swimmer.

Each individual must weigh and evaluate their comfort level with the risks associated with being around others, while taking into consideration important additional risk factors, including but not limited to, current or chronic health concerns or a weakened immune system

Who is required to wear a face covering at lessons?

You and your child will be required to wear a face covering while entering/exiting and walking around the facility. You will not be required to wear a face covering during the lesson. The instructor will be wearing a face covering for the entire lesson.

What are the signs and symptoms of COVID-19?

The signs and symptoms vary. They include, but may not be limited to, fever, cough, shortness of breath or difficulty breathing, chills, shaking with chills, headache, fatigue congestion or runny nose, nausea, vomiting, diarrhea, sore throat, muscle pain, and/or a new loss of taste or smell.

If you or your child are experiencing these signs or symptoms, please stay home to ensure the safety of others.

What precautions is SRSRC taking to help prevent the spread of illness, such as COVID-19?

SRSRC is taking recommended precautions to help prevent the spread of illness. These include, but are not limited to, additional hand washing, modifying lesson activities, providing hand sanitizer stations, adding 15 minutes between lessons to allow for cleaning, reducing lesson capacity, reducing lesson offerings, requiring face coverings as appropriate (mandatory when not in the pool), and temperature screenings (for staff) and the instructor will teach from deck to maintain social distancing.

Physical distancing will be utilized as practicable. Activities will be designed to be no-touch. Kids will be encouraged to keep adequate physical space between each other, to keep their hands to themselves.

What are some resources to learn more about COVID-19?

- State of California - https://covid19.ca.gov/
- San Diego County - https://www.sandiegocounty.gov/coronavirus.html

DATES & PRICING

WEEKDAY LESSONS (8 Half Hour Lessons)

MONDAY, TUESDAY, WEDNESDAY, THURSDAY (2 Consecutive weeks)

Session 1: April 12, 13, 14, 15, 19, 20, 21, 22

➔ Members: $140 Non-Members: $170

Session 2: April 26, 27, 28, 29, May 3, 4, 5, 6

➔ Members: $140 Non-Members: $170

Session 3: May 10, 11, 12, 13, 17, 18, 19, 20

➔ Members: $140 Non-Members: $170

Session 4: May 24, 25, 26, 27, June 1, 2, 3 (prorated Memorial day) ➔ Members $123 Non-Members: $150

Session 5: June 7, 8, 9, 10, 14, 15, 16, 17

➔ Members $140 Non-Members: $170

WEEKEND LESSONS (4 Half-Hour Lessons)

SATURDAYS (4 Consecutive Weeks)

***Currently not Available because of COVID-19**

CLASS DESCRIPTIONS & CLASS TIMES

PARENT AND TOT/FLOUNDER (AGES 6 MONTHS TO 3 YEARS)

- This class is for beginner swimmers
- Parents MUST be in the water with their child
- Instructor will teach from deck
- Maximum 5 parents/kids
- The goals of this class are:
    - For the child to become extremely comfortable in the water without parents
    - Become more independent in a safe environment

WEEKDAY TIMES (M/T/W/Th):

- 10:00 am-10:30 am

WEEKEND TIMES (Saturdays):

- Not Available at this time

GRUNION 1 (AGES 3-6)

- This class is for beginner swimmers who are comfortable in the water and are able to listen to the teacher (or have passed Flounders)
- Parents MUST be in the water
- Instructor will teach from the deck and wear a mask
- Limit of 3 people
- The goals of this class are:
    - To be very comfortable with the water and put their face in the water ○ Children should also have a much more developed technique when it comes to supported glides, kicks, and arm movements

WEEKDAY TIMES AM (M/T/W/TH):

10:45am-11:15a

WEEKEND TIMES (Saturdays):

- Not Available at this time

GRUNION 2 (AGES 3-6)

● This class is for beginner swimmers who are comfortable with putting their face in the water and are ready to become a more independent swimmer (or have passed Grunion 1) ● Parents MUST be in the water

- ● Instructor will teach from the deck and wear a mask
- ● Limit of 3 people
- ● The goals of this class are:
  - ○ To swim without assistance for at least three or four strokes
  - ○ To glide, float, and kick without any assistance and learn beginning breathing techniques

WEEKDAY TIMES AM (M/T/W/TH): ● 11:30am-12:00pm

WEEKEND TIMES (Saturdays): ● Not Available at this time

SHRIMP I (AGES 3 – 6)

- ● This class is for children who can swim without assistance for at least three or four strokes, who are able to glide, float and kick without any assistance comfortably (or have passed Grunion II)
- ● Parents MUST be in the water
- ● Instructor will teach from the deck and wear a mask
- ● Limit of 3 people
- ● The goals of this class are:
  - ○ To swim half the length of the pool: using front crawl with beginning side breathing, and beginning backstroke.
  - ○ Have a basic knowledge of elementary backstroke and kneeling dives

WEEKDAY TIMES AM (M/T/W/TH): ● 12:15pm-12:45pm

WEEKEND TIMES (Saturdays): ● Not Available at this time

SHRIMP II (AGES 3 – 6)

● This class is for children who can swim half the length of the pool using both front crawl with beginning side breathing and backstroke (or those who have passed Shrimp 1

- ● Parents MUST be in the water
- ● Instructor will teach from the deck and wear a mask
- ● Limit of 3 people
- ● The goals of this class are:
  - ○ To swim a full length of the pool using side breathing both comfortably and confidently
  - ○ Learn beginner breaststroke kick, learn backstroke technique, and elementary backstroke.

WEEKDAY TIMES AM (M/T/W/TH):

- ● 3:00pm - 3:30pm

SEAHORSE (AGES 6-12)

- This class is for older children who have never had formal swim lessons before and/or are unable to swim half a length of the pool using side-breathing.
- Instructor will teach from the deck and wear a mask
- Limit of 3 people
- The goals of this class are:
    - To introduce and improve the basic swim strokes
    - To be very comfortable in the water
    - To be able to swim half a length of the pool using side-breathing

WEEKDAY TIMES AM (M/T/W/TH): 3:00pm - 3:30pm

WEEKEND TIMES (Saturdays): • Not Available at this time

SEALS (AGES 6-12)

- This class is for older children who can swim a half length of the pool (about 15 yards) using side breathing, comfortably and confidently (or have passed Shrimp II or Seahorse). Children should be comfortable in the deep end of the pool before beginning this class.
- Instructor will teach from the deck and wear a mask
- Limit of 3 people
- The goals of this class are:
    - To swim a lap of backstroke, elementary backstroke comfortably, and increase endurance in Freestyle
    - Introduction to breaststroke kick
    - Deep water object retrieval, and deep-water diving

WEEKDAY TIMES AM (M/T/W/TH): • 3:45pm-4:15pm

WEEKEND TIMES (Saturdays): • Not Available at this time

STINGRAY (AGES 6-12)

- This class is designed for swimmers that have passed the Seals level and/or can swim 25 yards using side-breathing, backstroke, and elementary backstroke) • Instructor will teach from the deck and wear a mask
- Limit of 3 people
- The goals of this class are:
    - Swim 50 yards of Front Crawl with side breathing
    - Treading Water for 3 to 4 minutes and standing dives
    - Swim proper breaststroke for 10-15 yards

WEEKDAY TIMES AM (M/T/W/TH): • 3:45pm-4:15pm

DOLPHIN/SWORDFISH(AGES 6-12)

● This class is designed for swimmers that have passed the Stingray level and/or can swim several lengths of the pool successfully and with good stroke technique. Students should have a good base of Breaststroke, Backstroke (or have passed Stingray)

- Instructor will teach from the deck and wear a mask
- Limit of 3 people
- The goals of this class are:
    - Swim 50 yards of Front Crawl with side breathing
    - Swim 25 Breaststroke with good technique
    - Swim 25 Backstroke with good technique

WEEKDAY TIMES AM (M/T/W/TH): ● 4:30pm - 5:00pm

BARRACUDA (AGES 10-18)

- This class is designed for swimmers that have passed the Dolphin/ Swordfish level and/or can swim several lengths of the pool successfully and with good stroke technique. Students should have a good base of Breaststroke, Backstroke, Butterfly and Freestyle.
- Instructor will teach from the deck and wear a mask
- Limit of 3 people
- The goals of this class are:
    - Swim 100 yards of Front Crawl with side breathing
    - Swim 50 Breaststroke with good technique
    - Swim 50 Backstroke with good technique
    - Swim 25 Butterfly with good technique

WEEKDAY TIMES AM (M/T/W/TH): ● 4:30pm-5:00pm

MAKE UP/CANCELLATION POLICY

Make up lessons are only guaranteed if SRSRC has to cancel the lesson due to lightning or other unforeseen circumstances. If you need to schedule a make up for another reason please contact Kristin Neth, at kristin@srsrc.com. If you need to cancel an upcoming camp for a COVID-19 related reason, we are temporarily **waiving** the cancellation fee. Our normal cancellation policy is: $15 to cancel before the first lesson, $10 fee to transfer classes/sessions, and after the class has begun, a refund will no longer be offered. For transfers or cancellations, please contact Kristin, at kristin@srsrc.com.

QUESTIONS?

If you have any questions regarding swim lessons, please feel free to contact the Assistant Aquatic Director Kristin Neth, by email kristin@srsrc.com, or leave a voicemail at (858)-271-6222 ext. 133.

PRIVATE SWIM LESSONS

GENERAL

Instructors will teach these lessons from the deck, while wearing a mask, and you may be required to be in the water with your child depending on skill level. These lessons can be arranged to best suit your schedule throughout the week. An opening contract consists of four half-hour lessons. To arrange private or semi-private swim lessons please contact the Assistant Aquatics Director, Kristin Neth by email, kristin@srsrc.com, or leave a voicemail at (858)-271-6222 ext. 133.

PRICING

Lessons are priced per half hour lesson, and is dependent on the number of people in the lesson. An opening contract is a minimum of four half-hour lessons.

MEMBERS:

- ➔ Private: $35 per half hour
- ➔ Semi-Private with 2 people: $45 per half hour
- ➔ Semi-Private with 3 people: $55 per half hour
- ➔ $10 additional for every person added to semi-private lessons

NON-MEMBERS:

- ➔ Private: $50 per half hour
- ➔ Semi-Private with 2 people: $60 per half hour
- ➔ Semi-Private with 3 people: $70 per half hour
- ➔ $10 additional for every person added to semi-private lessons

SQUIDS SWIMMING GROUP

The Squids group is designed for children who are able to swim at least one lap of each of the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle. The group focuses on building endurance and stroke technique for all the strokes. If you are interested in joining the group, please contact Assistant Aquatics Director, Kristin Neth, for a try out. If you have any other questions, comments or concerns, contact Kristin at(858) 271-6222 x 133 or by email at kristin@srsrc.com.

WORKOUT SCHEDULE

Pre-Squids Practice: Currently Unavailable

Squids 1: Currently Unavailable
Squids 2: Currently Unavailable

ADULT SWIMMING LESSONS

Below, you will find a description of the two adult classes that we currently offer: Adult Swim 101, and Adult Swim 102. The dates, times, and costs are also shown below.

ADULT SWIM 101 “THE BASICS”

The goals of this class are to learn:

- Breathing while you swim and float
- How to float on your stomach and back
- Treading water
- Breaststroke, freestyle and backstroke skills

ADULT SWIM 102 “STROKE REFINEMENT”

You will work on and refine:

- Freestyle, backstroke and breaststroke
- Introduction into butterfly
- Learning to use a pace clock and read workouts
- Introduction into flip turns
- Increase endurance

SWIM LEVEL ADULT SWIM 101 & 102 @ TRAILS LOCATION

MONDAY, TUESDAY, WEDNESDAY, THURSDAY (2 Consecutive weeks)
Look at Session Dates and Pricing Here

101 and 102 will be combined at these times:

WEEKDAY TIMES AM (M/T/W/TH):

Adult group lessons currently unavailable. We are offering private lessons. Please contact Kristin if you are interested in lessons 619) 246 - 3700

LIFEGUARD TRAINING

Scripps Aquatics will offer seven separate ARCLG training classes in the fall, winter and spring. Classes are five consecutive days. The student must attend all sessions and pass the Red Cross Exams to pass; class times and dates are subject to change.

Each student will receive a CPR pocket mask and Lifeguard Training e-book. Class includes the use of CPR practice mannequins, and American Red Cross video training accompanied by a certified professional instructor.

Class participants must be at least 15 years of age by the last day of class. Upon completion of class and satisfactory test scores you will earn American Red Cross Lifeguard Training, CPR, and First Aid for the Professional Rescuer Certifications good for two years from completion date.

Total cost is $210.00 for Members and $245.00 for Non-Members; Class size is limited. Swimming and treading water skills are part of basic requirements, you must pass a basic skills test on the first day to continue training. Please bring a laptop to all class sessions.

If you withdraw from the class after not passing the basic skills test you will be refunded $225.00, $20.00 processing fee will be retained by SRSRC. If you sign up for the class and cannot attend for any reason you may receive partial refund or transfer to another class with a transfer fee of $20.00. Please call Joel Brust, Lifeguard Instructor Trainer, at 858-413-6766, or the Aquatics Directors Voicemail (858) 271-6222 ext. 129 if you need to transfer or wish to cancel your enrollment. If you fail the course, there is no refund.

Times of Classes: Monday-Friday 5:00pm-9:30pm

Dates

- Class 1: April 12 - 16
- Class 2: May 17 - 21
- Class 3: June 14 - 18
- Class 4: July 19 - 23
- Class 5: Aug 16 - 20

Enroll by signing up at http://www.srsrc.com Go to the “swim” link and scroll down to the Lifeguard Training window. Then click the “Registration” link. Please pay close attention to the prerequisite requirements, strong swimming skills required. If you have any other questions, please contact Joel Brust, Lifeguard Instructor Trainer, at 858-413-6766. Enroll in American Red Cross Lifeguard Training online at srsrc.com.

MASTERS SWIMMING PROGRAM

Masters Swimming is coached workouts that are organized into lanes of various abilities of speed and stroke coordination. Team environment provides inspiration while the national affiliation (www.usms.org) offers a venue for competing at meets for those that want to. Many of our swimmers are triathletes looking to improve their swimming technique and endurance. Some compete in local open water races too, like the La Jolla Rough Water swim in early September. Come by Trails and get in a weekday morning swim workout! Call Coach Jerry O'Mara (858) 231-0898 with any questions.

MONDAY, WEDNESDAY, & FRIDAY @
TRAILS
- Currently Unavailable

COST
- Per Month: Members $40.00 Non-members $50.00
- Drop in for one workout: Member $4.00 Non-Member $5.00

WATER AEROBIC CLASSES

Free at the Aviary Pool for members. This class is a low impact class in the shallow water.

TIMES
- Mornings: Monday -Friday 8:30am-9:30am
- Evenings: Monday: 5:30pm-6:30pm.

LAP SWIMMING

AVIARY AND TRAILS LAP SWIMMING

Reservations available every hour on the ½ hour at Aviary and every hour at Trails. 3 waitlist spots for both pools. Kids must be able to swim the length of the lane.

https://www.mindbodyonline.com/

QUESTIONS, COMMENTS, CONCERNS

If you have any other questions, comments, or concerns about any of the aquatics programs that are offered during the Summer, please contact the Aquatics Director Joel Brust at 858-271-6222 extension 129 or by E-mail questions to joel@srsrc.com. If you have specific questions about swim lessons, the Squids swim group please contact the Assistant Aquatics Director, Kristin Neth, at extension 133.