



SWIMMING LESSONS at Sgt. John Pinney Pool

Taught by American Red Cross Certified Instructors

GROUP LESSONS: All LEVELS ~ \$55.00 per two week session, 40 Min Classes

Classes are Monday – Friday at Pinney Pool. Group lessons are a 6:1 teacher ratio.

Open REGISTRATION IS MAY 25th at the Kerr McGee Center from 6:00 – 7:30 pm.

Beginning June 2nd you can register on a space available basis at the **Parks and Recreation Department in the Kerr McGee Center. NO registration will be handled at the Pool.** Please call 499-5151 for more information.

PLEASE NOTE: NO REFUNDS will be given once a student has enrolled in swimming lessons.

PARENT/CHILD: Open only to children that are 12 months of age to 36 months of age.
A parent must be in the pool with the child. Classes are 40 minutes.

LEVEL 1: Introduction to Water Skills: Open to children 3 yrs and older or with instructor recommendation. Course objective is to help students feel comfortable in the water and to enjoy the water safely. In Level 1, students learn elementary aquatic skills, which students build on as they progress through the Learn to Swim program. Some students will have had some experience in the water and may begin the program at a higher level. There are no prerequisites for this course. Classes are 40 minutes.

LEVEL 2: Fundamental Aquatic Skills: Course objective is to give students success with fundamental skills. Students learn to float without support, to recover to a vertical position. This level marks the beginning of true locomotion skills, adds to the self-help and basic rescue skills started in Level 1. Classes are 40 minutes.

LEVEL 3: Stroke Development: Course builds on skills of Level II by providing additional guided practice. Students learn to coordinate the front crawl and back crawl. Elementary backstroke and basics of treading water are introduced. Students learn rules for safe diving and begin to dive from the side of the pool. Must have a Level 2 certificate or demonstrate requirements in Level 2. Classes are 40 minutes.

LEVEL 4: Stroke Improvement: Course objective is to build student confidence and performance of the swimming skills in Level 3. Increase endurance by providing additional guided practice of swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for distance. Breaststroke, sidestroke, and basics of turning at wall is introduced. Must have a Level 3 certificate or demonstrate requirements for Level 3. Classes are 40 minutes.

LEVEL 5: Stroke Refinement: Course objective is to build on the skills in Level 4 by providing additional guided practice. Introduction of surface dives and refinement of key strokes, butterfly, open turns, and shallow diving. Students also learn to perform the front and back crawl for increased distance and to perform the sidestroke and breaststroke. Students must have a Level 4 certificate or be able to demonstrate all requirements in Level 4.

LEVEL 6: Skill Proficiency: Course objective is to refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. Level 6 offers different options which focus on preparing students to participate in more advanced courses.

PRIVATE/SEMI-PRIVATE LESSONS:

Private/Semi-Private swimming lessons are provided to assist students with their development in the skills needed to be a better swimmer. These lessons are for 1 week and are at a 1:1 or 1:2 ratio versus the 1:6 ratio for group lessons. Private/Semi-Private lessons are 40 minutes long each day for one week Monday – Friday at the Pool. Private lessons are a 1:1 ratio, fees are \$70.00. Semi-private lessons are a 1:2 ratio (abilities must be similar), fees are \$95.00. Please understand that private lessons are limited and are on a first come first serve basis. Also, just because the lesson is called a Private Lesson, does not mean that you are the only one in the pool. You will be sharing the pool with others.

SATURDAY SWIM FUN CAMP: (Ages 6-12) \$30/Saturday

This is new for the 2010 season. Every Saturday at Pinney Pool from 9:30am to 11:45am our certified instructors will provide quality swim instruction, teach diving skills, discuss and teach pool safety, play games, arts crafts and enjoy a snack and drink. Participants will be evaluated by their swimming ability and put into a group lesson with others with similar abilities. Participants will get a minimum of 40 minutes of swim instruction. **You must be pre-register** at the Parks & Recreation Dept at the Kerr McGee Center to participate. Class limit is 12 students.

REGISTER MAY 25, 6:00 – 7:30 PM AT KMCC

Register May 25
6-7:30 pm

SCHEDULE OF GROUP SWIM SESSIONS



First Session **JUNE 14 - 25**
Second Session **JUNE 28 - JULY 9**
Third Session **JULY 12 - 23**
Fourth Session **JULY 26 - AUG 6**
Fifth Session **AUG 9 - AUG 20 (PM classes only)**

8:30 am Level 1, Level 1, Level 2, Level 4, Privates
9:15 am Level 1, Level 1, Level 2, Level 5/6, Privates
10:00 am Parent & Child, Level 2, Level 3, Level 4, Privates
10:45 am Level 1, Level 1, Level 3, Level 4, Privates

4:30 pm Level 1, Level 1, Level 2, Level 3, Privates
5:15 pm Parent & Child, Level 1, Level 3, Level 4, Privates
6:00 pm Level 1, Level 2, Level 3, Level 4, Privates
6:45 pm Level 1, Level 2, Level 5/6, **Privates

Diving Camps (Must be a deep water swimmer) (Ages 6-up)

Camp # 1 **June 7 - June 11, Monday - Friday**

Camp # 2 **August 9 - 13, Monday - Friday**

Times: 9:30am - 10:30am
 10:45am - 11:45am
 4:30pm - 5:30pm
 5:45pm - 6:45pm

Cost: \$40.00

Register May 25
Waiver required

*Private/Semi-Private Lessons (1 week sessions, 10 weeks available)

Private & semi-private instruction is available from our qualified water safety instructors. Inquire at KMCC for available times and registration procedures. *Program is run on a space and instructor available basis.*

All Ages: -----

Private (1:1 ratio)

\$70.00 5/40 min. lessons
(Monday - Friday)

Semi-Private (1:2, w/similar abilities)

\$95.00 5/40 min. lessons
(Monday - Friday)

Weeks Offered:

June 7-11, 14-18, 21-25

July June 28-2, 5-9, 12-16, 19-23,
 26-30

August 2-6, 9-13

Saturday Swim FUN CAMP (New for 2010)

Camps: Saturdays June 12, 19, 26, July 10, 17, 24, 31, Aug 7 & 14

Ages: 6 to 12

Times: 9:30 am - 11:45 pm (Open Swim follows camp from 12 - 5 pm for an additional \$2.00)

Cost: \$30.00 per Saturday (includes swim instruction, diving, games, arts & crafts, snack & drink)

Register May 25
Waiver required

**All Registration is at the Ridgecrest Parks & Recreation Dept in
the Kerr McGee Community Center
(760) 499-5151**

**A FREE SWIMMING EVALUATION WILL HELP YOU
REGISTER YOUR SWIMMER FOR THE RIGHT CLASS!**

EVALUATIONS WILL TAKE PLACE ON

MAY 24TH & 25TH 4:00 pm to 5:15 pm

at SGT. PINNEY POOL, 205 S. WARNER ST on a first come, first serve basis.