RANCHO SIMI RECREATION AND PARK DISTRICT
LATE SUMMER 2020 SWIM LESSON SESSION DATES/CLASS DESCRIPTIONS

SESSIONS
Weekday: 9 class meetings - M-F & M-Th
Session 2: 8/31-9/11 (No lessons on 9/7); Session 3: 9/14-9/24

SWIM LESSON LEVELS (Some classes have pre-requisites)

PARENT & ME (P.A.M.)  9 mos-3 yrs
Water adjustment for you and your little one. This class will focus on achieving comfort in and around the water. Parents will be instructed in basic skills that will aid the child’s learning of elementary swimming skills.

TINY TOTS
Children must have an adult living in the same household assisting in the water.

TINY TOT NON-SWIMMER (Ratio 4:1)  3-5 yrs
Skills taught include putting your face in the water, blowing bubbles, kicking, floating, and arm strokes, with assistance. The emphasis is water adjustment, water safety, and fun!!

TINY TOT SWIMMER - Intermediate/Advanced (Ratio 4:1)  3-5 yrs
Builds on the skills learned in Non-Swimmer. Skills taught include submerging your head under water, kicking, floating, and arm strokes with small amounts of assistance.

ALL CLASSES BELOW WILL BE TAUGHT WITH INSTRUCTORS REMAINING 6’ FROM STUDENTS AT ALL TIMES. LEVEL 1 REQUIRES ADULT ASSISTANCE.

LEVEL 1  (Ratio 4:1)  6-14 yrs
For children with little or no swimming experience. Skills taught include kicking, floating, arm strokes on front and back.

LEVEL 2  (Ratio 4:1)  6-14 yrs
Pre-requisite: ability to swim 5 yards.
Children must be able to swim 5 yards without assistance. Skills taught include freestyle, backstroke, and floating.

LEVEL 3  (Ratio 4:1)  6-14 yrs
Pre-requisite: ability to swim crawl stroke 10 yards.
Children must be able to swim 10 yards without assistance. Skills taught include freestyle with side breathing, backstroke, butterfly kick, breaststroke kick and elementary backstroke.

LEVEL 4  (Ratio 4:1)  6-14 yrs
Pre-requisite: ability to swim crawl stroke and backstroke 25 yards.
Children must be able to swim freestyle with side breathing and backstroke for 25 yards. Instruction focuses on endurance with backstroke and freestyle, mastering breaststroke, and elementary backstroke, and developing butterfly.

COMPETITIVE STROKE  (Ratio 6:1)  6-14 yrs
Pre-requisite: Completion of Level 4.
Children must be able to swim freestyle and backstroke effectively for 50 yards and have basic knowledge of the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly). Instruction focuses on coordination and refinement of all strokes and increasing distance.

PRIVATE  (Ratio 1:1)  All Ages
A one on one lesson tailored to your needs. Great for beginners looking to start, up to experienced swimmers looking for fine tuning. Depending on skill level, children may require an adult living in the same household assisting in the water.