

Acalanes Union High School District Presents

Voted "Best Swim Lessons of Lamorinda"

SUMMER 'WEEKEND' SWIM LESSONS

Did you know? We offer weekday lessons at Acalanes & Campolindo High Schools. Log onto www.acalanes.k12.ca.us/aquatics for additional information.

Weekend lessons begin Saturday June 18.

LOCATION

Soda Aquatic Center at Campolindo High School



Thank you for considering the AUHSD Swim Lesson Program as your swim lesson provider. We are pleased to offer American Red Cross based swim lessons to the community. Our lessons are intended to introduce swimming to our youth in an environment that encourages both fun and education. We do not force the students to try new skills, but work to educate them about swimming.

LOCATION

- Soda Aquatic Center (Soda) at Campolindo High School (SODA) – 300 Moraga Road, Moraga

CLASS & INSTRUCTOR INFORMATION

- Pools range in temperature from 80-84° F.
- Expert instruction for students six months of age and up and at all levels of ability. Emphasis is on building a strong foundation of basic skills - essential for proper swimming technique and life-long swimming enjoyment.
- Classes are open to adults and children.
- Levels 1-3 are limited to three students per instructor. Levels 4-6 are limited to four students per instructor.
- Students are grouped according to age and ability.
- Small classes stimulate the most successful teaching and provide students with the pleasure of sharing in a positive learning environment.

FEES & CLASS MINIMUMS

- Preschool Aquatics: Six 25-Minute Lessons - \$165
- Group Lessons: Six 25-Minute Lessons– \$135
- Private Lessons: Six 25-Minute Lessons– \$275
- All fees are due upon registration. **No pro-rating or make-ups.**
- Each group lesson must have a minimum of two students enrolled one week prior to the first day of class or it will be cancelled.
- Scheduling is subject to change: Please list a first and second choice of lesson times. Assume your first choice was accepted unless you are notified.

SESSION DATES

| | Day | Dates |
|----------------|------------|--|
| Group 1 | Saturdays | June 18, 25, July 16, 23, 30 & August 13 |
| Group 2 | Sundays | June 19, 26, July 17, 24, 31 & August 14 |

No lessons over the July 2-3, 9-10, & August 6-7 weekends.

LESSONS TIMES

- Below you will find the lesson start times. Lessons are 25 minutes in length.
- Times may change as a result of participant ability or low enrollment.

| Level | Morning Lessons | Afternoon Lessons (Saturdays Only) |
|---------------------|---------------------------------|---|
| Guppies | 10:30 | 3:00pm |
| Minnows | 11:00 | 3:30pm |
| Pre-School Aquatics | 11:30 | 1:30 & 2 |
| Level 1 (Tadpoles) | 9:30, 10, 10:30, 11, 11:30 & 12 | 1:30, 2, 2:30, 3, & 3:30 |
| Level 2 (Polliwogs) | 9:30, 10, 10:30, 11, 11:30 & 12 | 1:30, 2, 2:30, 3, & 3:30 |
| Level 3 (Frogs) | 9:30, 10, 10:30, 11, 11:30 & 12 | 1:30, 2, 2:30, 3, & 3:30 |
| Level 4 (Seals) | 9:30, 10, 10:30, 11, 11:30 & 12 | 1:30, 2, 2:30, 3, & 3:30 |
| Level 5 (Dolphins) | 9:30, 10, 10:30, 11, 11:30 & 12 | 1:30, 2, 2:30, 3, & 3:30 |
| Level 6 (Sharks) | 9:30 & 11 | 1:30 & 2:30 |
| Private | 9:30, 10, 10:30, 11, 11:30 & 12 | 1:30, 2, 2:30, 3, & 3:30 |



REGISTRATION INFORMATION

BY MAIL:

Please only mail registrations prior to June 11. Mail your registration form and payment to Soda Aquatic Center, 300 Moraga Rd., Moraga, CA 94556. Payments are accepted by check or cash. Make checks payable to AUHSD (Acalanes Union High School District). After June 11, deliver your registration directly to the Soda Aquatic Center (see below – In Person)

IN PERSON:

8am-12pm, Mondays-Thursdays, at the Soda Aquatic Center, located on the Campolindo High School Campus, 300 Moraga Road, Moraga, CA 94556. Enter student parking lot off of Campolindo Dr., drive towards tennis courts, park in Soda Aquatic Center parking lot, and walk to facility.

NO CONFIRMATION:

No news is good news. The department does not give advance confirmation to enrollment. Consider yourself registered unless otherwise notified. If you are in doubt of your registration, please call us at 925-280-3928 between 8am-12pm, Mondays-Thursdays.

REFUNDS:

Refunds are allowed up to seven days prior to the first day of class; however, a \$15 service fee will be charged per class. Participants may not make up classes that have been missed. Returned checks are subject to a \$100 charge or three times the amount of the check, whichever is less.

LIMITED ENROLLMENT – REGISTER EARLY:

Enrollments are accepted in the order received. Early registration is strongly advised as some classes reach their maximum limits quickly.

LESSON LEVEL DESCRIPTIONS

Guppies - Parents must accompany their child into the pool for these lessons. This class is a great opportunity for parents to bond with their children while getting them acquainted with the aquatic environment. *Prerequisite:* Must be between the ages of six months and two years.

Minnows - Parents must accompany their child into the pool for these lessons. This class is a continuation of the Guppies class, designed to prepare children for swim lessons on their own. *Prerequisite:* Must be between the ages of two years and four years.

Preschool Aquatics - This class is designed to orient young preschool children to the aquatic environment and to help them gain basic aquatic skills in each category at the most rudimentary levels. It also helps children develop comfort in, on and around water. Classes are limited to two students per instructor. *Prerequisite:* Must be between the ages of two and four and have previously participated in Minnows class.

Level 1 - Tadpoles - This class is designed as an introduction to water skills that will help students feel comfortable in the water. Participants learn to: Enter and exit the water safely; exhale underwater; float on front and back with support; explore swimming movements; open eyes underwater; submerge face to pick up objects; and follow basic water safety rules. *Prerequisite:* Must be at least four years of age on the first day of class.

Level 2 - Polliwogs - This class is an introduction to fundamental aquatic skills. Participants learn to: Exit water using ladder or side; float on front and back without support; open eyes underwater while submerging head to retrieve objects; perform rhythmic breathing; glide on front and back; roll over from front to back and back to front; and swim on front and back using combined strokes and treading water. *Prerequisites:* Must be able to do five bobs in repetition, arm rotation and kicking on front & back and a front float with support.

Level 3 - Frogs - This class is designed for students to develop their strokes and work on coordination. Participants learn to: Jump into deep water from the side, submerge and retrieve an object; bob with head fully submerged; change from vertical to horizontal positions; dive from a sitting or kneeling position; side breathe, survival float, tread water; swim the front and back crawls and elementary backstroke; perform the scissor kick and butterfly kick and body motion. *Prerequisite:* Must be able to float on front and back and swim the front crawl 5 yards and be comfortable with backstroke arm action on back (finning) for 5 yards.

Level 4 - Seals - This class is for further improvement of students' coordinated strokes. Participants will learn to: swim under water; perform a feet-first surface dive; tread water using various kicks and sculling arm motions, dive from compact or stride position, perform open turns on front and back, swim front and back crawls, breaststroke and butterfly; swim on side with scissors kick. *Prerequisite:* Must be able to swim the front crawl for 15 yards with side breathing and the back crawl for 15 yards with good coordination, and elementary backstroke.

Level 5 - Dolphins - This class is designed to provide further refinement of front crawl, back crawl, breaststroke, butterfly, and elementary backstroke. In addition, participants learn to: Shallow dive into a stroke; shallow dive from the side; swim the sidestroke; survival swim; perform tuck and pike surface dives; perform flip turns while swimming on front and back; and perform rescue breathing. *Prerequisites:* Must be able to swim the front crawl, elementary backstroke for 25 yards each, and back crawl & breaststroke for 15 yards each.

Level 6 - Sharks - This class refines all six strokes so students swim them with ease and efficiency - power and consistency over greater distances. The level is designed with "menu" options that focus on preparing students for more advanced classes such as Lifeguard Training, or other aquatic activities. Options include: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, and Fitness Swimmer. *Prerequisites:* Must be able to swim the front crawl and elementary backstroke for 50 yards each. In addition, back crawl, breaststroke, butterfly and side stroke for 25 yards each.

Private Lessons - Eight 25-minute private lessons for all ages and abilities



ACALANES UNION HIGH SCHOOL DISTRICT REGISTRATION FORM

Mail Prior to June 19 to: Soda Aquatic Center, 300 Moraga Rd., Moraga, CA 94556

Up to two children from the same family can be registered on this form. More forms are available
at the Soda Aquatic Center, or online at: <http://www.acalanes.k12.ca.us/aquatics/>

After June 19, please deliver your registration directly to the Soda Aquatic Center

Please make checks payable to: “**AUHSD**” (Acalanes Union High School District).

PARENT/GUARDIAN NAME _____
First Last

ADDRESS _____
Street or PO Box City Zip Code

E-MAIL ADDRESS _____ PHONE NUMBER _____
Home Work/Cell

PARTICIPANT NAME _____ PARTICIPANT'S AGE (if under 18) _____
First Last

| COURSE TITLE (e.g. Level 3) | LESSON TIME | | LOCATION | DATES (e.g. 6/16-8/12) | FEE |
|--------------------------------|------------------------|------------------------|---------------|---------------------------|-----|
| | 1 st Choice | 2 nd Choice | | | |
| | | | Campolindo HS | | |
| | | | Campolindo HS | | |
| | | | Campolindo HS | | |
| | | | Campolindo HS | | |
| | | | Campolindo HS | | |

PARTICIPANT NAME _____ PARTICIPANT'S AGE (if under 18) _____
First Last

| COURSE TITLE (e.g. Level 3) | LESSON TIME | | LOCATION | DATES (e.g. 6/16-8/12) | FEE |
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| | | | Campolindo HS | | |

FOR OFFICE USE ONLY

| DATE OF ENTRY | FORM OF PAYMENT (e.g. ck #100) | AMOUNT OF PAYMENT |
|---------------|-----------------------------------|-------------------|
| | | |
| | | |
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| | | |
| | | |

No confirmation will be sent!

Assume your first choice time was accepted unless you are notified.
 I hereby waive all claim or claims against the Acalanes Union High School District (AUHSD), Board of Trustees, its agents and/or employees for personal injury to myself or my children while participating in the above AUHSD Program(s). I further agree to indemnify and hold harmless the AUHSD, Board of Trustees and its agents and employees from any claim or claims for personal injury or property damage against said entity arising from any activity by myself or my child(ren) which causes such injury or damage. I hereby authorize qualified physicians to render medical treatment or care that they may deem necessary for my child(ren) in case of illness or accident during such program(s).

SIGNATURE _____ DATE _____