



Pacific Swim 4S Ranch 2011 Swim Program Outline

About Pacific Swim:

Pacific Swim is a year-round swim program for all levels of swimming from the age of 2 years. Our program is registered with USA Swimming, and is under the supervision of Di Molenaar, a USA Swimming certified coach/teacher with over 25 years of experience with all levels. Swimmers learn all aspects of swimming, whether for safety, fun, fitness, or competition. Swimming offers the benefits of physical and mental training, good sportsmanship, time management, friends, and lots of fun! The Pacific Swim program at 4S Ranch begins the first of May and continues through the end of September. It is divided into three levels: Beginner Lessons, Beginner Novice, and Advanced Novice.

Beginner Lessons (Learn-to-Swim):

(\$130 for 8 lessons, ~2 times per week)

Children learn how to be water-safe in this course. They learn to swim in any depth of water, swim from point A to B, tread water, dive, jump, and have total confidence in the pool. They begin to learn proper breathing while in the water. Once water safe, swimmers will start learning strokes. Typically, these swimmers attend class twice a week for ½-hour lessons with a 3:1 student to teacher ratio.

Beginner and Advanced Novice:

(\$125 for 4 consecutive weeks or \$250 for June 13 - Aug 6 or \$35 per week, 3 times per week)

Beginner Novice:

In this next level of swimming, swimmers begin to master breathing, build endurance, and learn dives and underwater control in a half an hour class. They learn the four strokes: butterfly, backstroke, breaststroke, and freestyle. There are different levels within this group, and children will be placed appropriately. These swimmers may go to novice meets where everyone wins ribbons.

Spring Hours:	May 2 - June 11	Monday - Friday:	4:30pm - 5:00pm and 5:00pm - 5:30pm
Summer Hours:	June 13 - Aug 20	Monday - Friday:	10:00am - 10:30am
		Monday - Thursday:	4:30pm - 5:00pm and 5:00pm - 5:30pm

Advanced Novice:

Efficient strokes, and legal starts, turns, and finishes are the focus of this group during the one-hour class. Swimmers learn how to use the pace clock and do simple sets. They also play games, do drills, build endurance, and have fun while perfecting their strokes. These swimmers can also go to the novice swim meets as well as "C" meets, which are the lowest level of competitive swim meets. By the time swimmers move up from this group they will be ready to swim on a competitive team.

Spring Hours:	May 2 - June 11	Monday - Friday:	5:30pm - 6:30pm
Summer Hours:	June 13 - Aug 20	Monday - Friday:	9:00am - 10:00am
		Monday - Thursday:	5:30pm - 6:30pm

Parent Information:

Holidays:

There will be no swim instruction on Memorial Day, the 4th of July, or Labor Day. For Beginner Lessons, a class missed due to a holiday will be credited and added to the end of the session.

General Rules and Policies:

Swimmers should not enter the pool before their lesson and should keep the top step clear for others who are having a class.

Toddlers 3 years and under must wear plastic pants with elastic legs over their swim diapers.

Parents may place appropriate bubble on their swimmer before the lesson.

Bubbles for personal use may be purchased in the office for \$25, goggles for \$15, latex caps for \$5, and silicone caps for \$15.

At this time, Pacific Swim 4S Ranch only accepts cash or check payments for all services.

Non-members should arrive 5 minutes before their lesson and may not use the pool, slide, or toy before or after their lesson.

Thank you for helping our lessons run smoothly and successfully. We know your swimmers will learn and enjoy their lessons with us. If you have any questions or concerns, we encourage you to stop by our office or call any of our friendly associates at (858) 676-2240.