



Turtle Swim

A Program that Provides Group and Private Swimming Lessons

Turtle Swim offers swimming lessons taught at the heated **Southwestern College Outdoor Pool Facility**. Classes are led by qualified instructors who are WSI certified or who have equivalent experience. These enthusiastic and caring instructors are effective in teaching both children and adults. Classes also include instruction in water safety.

2 Week Sessions

Lessons are Mon.-Thurs. each week = 8 lessons per session - 45 Minute Lessons

Ages 3 to 14

Session 1 May 18 – May 29 (no class on Memorial Day – class will be following Friday May 29)

Session 2 June 1 – June 11

Session 3 June 15 – June 25

Session 4 June 29 – July 9

Session 5 July 13 – July 23

Session 6 July 27 – August 6

We Swim All Levels At All Time Slots

Students will perform a swim test on the first day of lessons to determine appropriate swim level.

2-2:45 p.m. Levels TT,1,2,3,4

3-3:45 p.m. Levels TT,1,2,3,4

4-4:45 p.m. Levels TT,1,2,3,4

5-5:45 p.m. Levels TT,1,2,3,4

6-6:45 p.m. Levels TT,1,2,3,4

◆ Cost: \$88 for all levels per session –

◆ **Special arrangements can be made for earlier “group” lessons M-TH and Saturday/Sunday only lessons with 3 or more participants of the same level.**



Participant level assessed on first day of class:

To assure quality instruction, each 45 minute lesson is limited to three-to-six students.

Tiny Turtles

Water adjustment skills for our younger swimmers, water entry/exit skills, front and back float, breath control, basic water safety.

Level 1—Non Swimmer

Adjustment to water, water entry, breath control, front and back float, glide and recovery, arms and breathing, jumping into shallow and deep water, and swimming back to wall. Basic safety and rescue skills.

Level 2—Novice/Intermediate

Breath control, water entries, rhythmic breathing, underwater exploration, retrieving objects, rolling over, leveling off, and swimming combined stroke on front and back progressing to front crawl and back crawl with breathing, treading water, changing direction, dive from side of pool from kneeling position, basic rescue, and safety skills.

Level 3—Intermediate/Advanced

Rhythmic breathing, deep water bobbing, elementary back stroke, front crawl with side breathing, back crawl, breast stroke kick, scissors kick, treading water, alternate side breathing, stride jump entry, long shallow dive, breast stroke, side stroke, dolphin kick, feet first surface dive, recognition of and prevention of spinal injuries, sculling, and rescue breathing. Students will also work to improve their front and back crawl strokes, sidestroke, and elementary backstroke.

Level 4—Swim Team Readiness

Students will work to improve on the four competitive strokes, freestyle, backstroke, breaststroke and butterfly for technique and endurance to prepare the student for participation in a youth swim team. Basic safety and rescue skills, competitive turns and starts as well as stroke transitions will also be taught.

Turtle Swim Year Round Private Swim Lessons for kids and adults

Private lessons for children or adults are available at the Southwestern College pool. Lessons concentrate on all levels of swimming from overcoming fear of the water to mechanics of competitive strokes. Lesson times arranged by the program coordinator with an instructor at times convenient for the students. **Lessons are \$20.00 per half hour**

Please contact program coordinator for scheduling at jharper@swccd.edu

Turtle Swim Water Polo Lessons

Water Polo lessons for boys and girls ages 6-18 are available at Southwestern College. Lessons concentrate on all levels of water polo from fundamentals to mechanics of competitive water polo.

We Teach All Levels

3:45-4:45 p.m. ***Cost: \$88 per session.

- Minimum of three students per lesson **Maximum of 8 students per Instructor.**
60 minute lesson. Ages 6 to 18.

2 Week Sessions

Lessons are Mon.-Thurs. each week = 8 lessons per session 60 Minute Lessons

Session 1 May 18 – May 29 (no class on Memorial Day – class will be following Friday May 29)

Session 2 June 1 – June 11

Session 3 June 15 – June 25

Session 4 June 29 – July 9

Session 5 July 13 – July 23

Session 6 July 27 – August 6

Turtle Swim Year Round Water Polo Private Lessons

Private lessons for boys and girls ages 6-18 are available at the Southwestern college pool. Lessons concentrate on all levels of water polo from fundamentals to mechanics of competitive competition. Lesson times arranged by the program coordinator with an instructor at times convenient for the students.

Please contact program coordinator for prices at jharper@swccd.edu

To register for any Turtle Swim program:

Come by the pool, fax to (619) 482-6412 or mail registration form to

Turtle Swim attn: Jefe Harper 900 Otay Lakes Rd. Chula Vista, CA 91910

Sign ups begin April 27th * Money is not due until the first day of class – No Credit Cards**

- ◆ Multiple swimmer families receive 10% discount for each additional swimmer.
- ◆ We welcome participants with disabilities
- ◆ All Children must be potty trained prior to participation in the program. 3 year olds must be able to verbally understand directions and be able to communicate with their instructors.

Please No Phone Messages due to the high volume - come by the pool or email the coordinator jharper@swccd.edu

Turtle Swim Program—Summer 2009

Parent's Name: _____

Child's Name: _____

Address: _____ City: _____ Zip: _____

Age: ____ Session: 1 2 3 4 5 6 Time Slot: _____ Polo

E-mail: _____ Home Phone: _____ Work/Cell Phone: _____

Does the swimmer have any pre-existing medical conditions? If yes, please explain: _____

Swimming History (lessons, problems, etc.) _____

I hereby release Southwestern College and this program from any and all liability for any injuries:

Parent's Signature: _____