

# Stanford Campus Recreation Association

## 2010 SPRING/SUMMER SWIM LESSON PROGRAM

### MEMBER REGISTRATION INFORMATION

On-line registration! Registration and payment for all aquatics programs will be on-line. Our registration site will go live for member use only on:

Saturday, March 6<sup>th</sup> at 9:00 a.m

**Members** may begin registering at that time by going to <http://scra.stanford.edu> and following the link to online swim lesson registration. Member priority registration will continue until March 26<sup>h</sup>. At that time registration will be opened up to nonmembers. If you have any questions about the online registration process please contact Aquatics Director Abi Liu at 725-7276 or [Abi.Liu@Stanford.edu](mailto:Abi.Liu@Stanford.edu)

### CLASS DESCRIPTIONS AND SCHEDULE

Private Lessons - One on one lessons provide an optimal learning experience.  
SCRA Members - \$100.00 per session

Semi-Private Lessons -2 or 3 children of the same level may register in a lesson together.  
SCRA Members - \$70.00 per session/child

Group Lessons\*\* - Groups consist of no more than 4 swimmers of the same progress level at the set times. SCRA Members - \$60.00 per session/child

**SPRING:** Saturday group lessons are offered in **April and May** to give students a chance to learn to swim before the summer starts. All swim lessons are 25 minutes long. (Level descriptions are shown on the back of this sheet.)

Important note: all the lessons will be held at the SCRA pool.

<i>Session I -</i>	<i>4/10</i>	<i>4/17</i>	<i>4/24</i>	<i>5/1</i>
<i>Session II -</i>	<i>5/8</i>	<i>5/15</i>	<i>5/22</i>	<i>6/5</i>

### SPRING LESSON TIMES:

**Dolphin:** 10:00am    **Fish:** 10:30am    **Stingray:** 11:00am

**EEL:** 11:30am    **Starfish:** Noon    **EEL:** 12:30pm

**SUMMER:** Each session is four lessons, offered Mondays to Thursdays. Each lesson is 25 minutes long.

Summer sessions will begin the week of June 14<sup>th</sup> and run for nine consecutive weeks. The final session is the week of August 9<sup>th</sup>.

### SUMMER LESSON TIMES:

A.M.	9:30	10:00	10:30	11:00	11:30
P.M.	1:00	1:30	2:00	2:30	3:00

Private and semi-private lessons may be scheduled during any of these offered times. Group lessons are available on the following schedule:

Dolphin: 9:30am Fish: 10am Stingray: 10:30 am EEL: 11am Starfish: 11:30am

**READY FOR SUMMER TEAM SWIMMING?** Participation on the **SCRA summer team** is a fun, low key introduction to competitive swimming. All swimmers who are able to swim 15 yards of freestyle and backstroke are ready to join the team! Participants are offered practices from **April through July**, a team t-shirt, picture, trophy and a variety of out of water fun events during the season. For more information see the SCRA website "**PSA summer team**" or contact Coach Abi Liu **725-7276** or [Abi.Liu@Stanford.edu](mailto:Abi.Liu@Stanford.edu)

## LEVEL DESCRIPTIONS

Progressive levels are used to help track a child's progress through our swim lesson program. When registering for a group lesson you will be asked to select the level that best fits your child's current swimming ability.

<u>STARFISH</u>	<u>FISH</u>	<u>EEL</u>	<u>Dolphin</u>
Wall Crawl	Torpedo	Dive & get ring	Freestyle-15 yds
Blow Bubbles	Back float	Back Float w/kicks(solo)	Backstroke- 15yds
Face in the water	Back float w/kicks(assist)	3 side breaths w/arms	Breaststroke Kick
Front float	Reach/Pull arms	Backstroke arms (assist)	Butterfly Kicks
5 bobs (assisted)	Jump & <u>return to WALL</u>	Roly-Poly breathing	Diving from side

### STINGRAY

Butterfly - 15 yds  
Breaststroke - 15 yds  
Freestyle & Backstroke - 25yds

One make-up lesson is allowed per session for private and semi-private lessons, with 24 hour notice to the SCRA Aquatics Office. Make-ups are only available on the Friday of the same week as the cancelled lesson and are not guaranteed to be with the same instructor.

**\*\* Registration for Group lessons will be closed after May 15,** after which we will only welcome registration in private and semi-private lessons.

### Cancellation Policy:

2 weeks written notice will receive a full refund minus a \$25 processing fee.

2 weeks to 72 hours notice will receive a 50% refund.

Less than a 72 hour notice will receive no refund.

### WHAT'S NEXT???

SCRA offers year round pre-competitive classes. Students who graduated from **Stingray** will qualify to join the highest level in our pre-competitive program. Each session runs 8 weeks in duration, and students will swim twice a week (M/W or T/Th), the classes are 45 min long. For those who are interested in competing in meets, we also have a year round swim team for all ages and levels; please ask for SCRA year round swimming team information or contact Abi Liu at [Abi.Liu@Stanford.edu](mailto:Abi.Liu@Stanford.edu)