

Stanford Campus Recreation Association

2010 SPRING/SUMMER SWIM LESSON PROGRAM

NONMEMBER 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 27th at 9:00 a.m

If you have any questions about the online registration process please contact Aquatics Director Abi Liu at **725-7276** or Abi.Liu@Stanford.edu

CLASS DESCRIPTIONS AND SCHEDULE

Private Lessons - One on one lessons provide an optimal learning experience.
SCRA Members - \$120.00 per session

Semi-Private Lessons -2 or 3 children of the same level may register in a lesson together.
SCRA Members - \$95.00 per session/child

Group Lessons** - Groups consist of no more than 4 swimmers of the same progress level at the set times. SCRA Members - \$80.00 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.

Session I - 4/10 4/17 4/24 5/1

Session II - 5/8 5/15 5/22 6/5

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 14th and run for nine consecutive weeks. The final session is the week of August 9th.

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

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.

STARFISH

Wall Crawl
Blow Bubbles
Face in the water
Front float
5 bobs (assisted)

FISH

Torpedo
Back float
Back float w/kicks(assist)
Reach/Pull arms
Jump & return to WALL

EEL

Dive & get ring
Back Float w/kicks(solo)
3 side breaths w/arms
Backstroke arms (assist)
Roly-Poly breathing

Dolphin

Freestyle-15 yds
Backstroke- 15yds
Breaststroke Kick
Butterfly Kicks
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