



Swim Lessons will be held at: Esperanza Elementary  
25121 Pradera Dr., Mission Viejo, Ca 92691  
(This pool is maintained at approximately 80 degrees)

The SVUSD Department of Recreation and Community Services is pleased to offer our 2010 Learn-to-Swim Program. We are proud to offer one of Orange County's most reputable learn-to-swim programs. To select the appropriate class for your child, please read the detailed description of each class. It is important to select the appropriate level in order to ensure that each student receives the exact instruction they require. If you are not sure which level to choose, it is recommended to choose a lower level and have them advance more quickly than it is to place them in too high of a level in which they cannot keep up. For students who have been out of swim lessons for more than six months, it is recommended that they repeat the last level from which they graduated.

**POLICIES AND PROCEDURES**

Parent Supervision – All parents are responsible for the supervision of their children and must stay throughout the duration of the lesson.

Parent Check in – Parents must sign in each day before class before the student may enter the pool.

Make-up Lessons – Make-up lessons are not guaranteed. For students who have missed a significant amount of lessons, they may be available directly through their instructor for \$5 per lesson; dependent upon availability. Check with the on-deck supervisor for availability.

Pool Closure Policy – Make-up lessons will be available free of charge on a first-come-first-served basis. No refunds will be given.

Water Diapers – In order to prevent pool closures, swimmers who are not yet potty-trained must wear a plastic swim diaper.

**For assistance in selecting a level,  
please call 1-800-576-SWIM**

**PARENT AND ME PROGRAM (ages 0-2 )**

A parent and infant/child class in which the parent accompanies the child in the water. This class is designed for the infant/child with none-to-very-little experience in the water. Emphasis on basic water adjustment, holding breath, kicks on front and back, floating, gliding, comfort, songs and fun.

Group Price: \$76.00 (8 thirty-minute classes, 8- 10 students)  
Monday/Wednesday or Tuesday/Thursday

**PRE-SCHOOL PROGRAM (ages 3-4 )**

The Pre-School Swim Program is designed for children 3-4, levels 1-4. Children will be broken into groups of 4 based on ability. This program is designed to build confidence in and around the water. Your child will learn to retrieve objects under water, back float, front float, back glide, front glide, and propel for a couple of feet.

Group Price: \$84.00 (8 thirty-minute classes, 4 students)  
Monday/Wednesday or Tuesday/Thursday  
\*Water Play: \$20.00 (4 two-hour sessions)  
Saturday 10:00 AM -12:00 PM



**JUNIOR PROGRAM (ages 5-8 )**

The Junior Program is designed for children ages 5-8, levels 1-6. This program teaches young children the independent skills needed to enjoy recreational swimming.

Group Price: \$76.00 (8 thirty-minute classes, 6 students)  
Monday/Wednesday or Tuesday/Thursday  
\*Water Play: \$20.00 (4 two-hour sessions)  
Saturday 10:00 AM -12:00 PM

**ADULT PROGRAM (Ages 13 and older)**

The Adult Program is designed to help adults learn how to swim and (or) enhance their swim skills. The learn-to-swim program is offered two days per week for one month. We also offer a two day per week adult Swim Camp that is designed to help adults learn proper stroke technique and/or enhance their fitness. (see Swim Venture Swim Camp for description.)

Group Price: \$76.00 (8 thirty-minute classes, 6 – 8 students)  
Tuesday and Thursday @ 7:00 PM

**ADAPTED AQUATICS PROGRAM (Ages 5 and older)**

This program is a water training class promoting mild-to-moderate exercises as well as individual strengthening, flexibility, cardiovascular endurance and mobility. This class is designed for individuals that have participated in therapy, rehab, have chronic medical conditions or permanent disabilities.

Group Price: \$48.00 (4, One hour classes, 6 – 8 students)  
Saturdays @ 9:00 AM

**"WATER PLAY"**

Children learn through play. In our experience, an hour of supervised playtime added onto a swim lesson can have the same benefit as an additional 20-minute lesson. Studies show that with enough water time, kids can develop similar skills as those with more frequent swim lessons. Each of our "Water Play" sessions at Esperanza are two hours long. We developed this concept as a more affordable way for families to help their children learn to be comfortable and independent in the water.

**CLASS LEVEL DESCRIPTIONS**

**LEVELS 1 + 2**

Level 1 - Underwater Comfort

Students will learn to become more comfortable under the water, more comfortable in a supported back and front float. At the end of the session, students will review the basic pool safety rules and practice a supported survival float.

Level 2- Floating and Kicking

Students will learn to float on their back and perform a front kicking glide. At the end of the session, students will be able to recite the basic pool safety rules and perform a survival float.

**LEVELS 3 + 4**

Level 3- Rolling and Breathing

Students will learn how to roll into a back float and to return to the wall from a back float. They will also learn proper breathing techniques. At the end of the session, students will review the pool safety rules and perform a survival float and return to the wall.

Level 4- Front and Back Crawl Stroke

Students will learn the front crawl stroke and back crawl stroke. At the end of the session, students will know safety skills for a survival float with clothes on and reaching assist.

**LEVELS 5 + 6 (Available under: Swim Camps)**

Level 5 - Swim Stroke Introduction

The swimming skills your child will learn are proper freestyle, backstroke, dolphin kick, breaststroke kick and kneeling dive. At the end of the session, students will review all of the water safety rules.

Level 6- Swim Stroke Reinforcement

The swimming skills your child will learn are 25 yards of each stroke, flip turn, and standing dive. At the end of the session, students will review all of the water safety rules.

**PRE-REGISTRATION IS REQUIRED  
FOR ALL LESSONS!**

Mail, fax, on-line and walk-in registration is taken through the registration deadlines listed for each program. No phone registration is accepted. Most classes fill quickly, sometimes before the registration deadline. Please register early! Registration is taken on a first-come-first served basis. If faxing please call to verify your fax has been received.

**Mon/Wed Swims Lessons**

Class	Time	Session 1 4/19-5/12	Session 2 5/17-6/9*
Junior 1&2	4:30 pm	48436	48433
Preschool	4:30 pm	48674	48675
Parent and Me	5:00 pm	48870	48741
Preschool	5:00 pm	48645	48676
Preschool	5:30 pm	48677	48678
Junior 3&4	5:30 pm	48593	48594
Junior 1&2	6:00 pm	48430	48432
Preschool	6:00 pm	48679	48680
Junior 3&4	6:30 pm	48599	48595
Preschool	6:30 pm	48688	48681

\*No Class on May 31st due to the holiday. Class will be made up on June 4th same time and location

**Tues/Thurs Swims Lessons**

Class	Time	Session 1 4/20-5/13*	Session 2 5/18-6/10
Junior 1&2	4:30 pm	48429	48434
Preschool	4:30 pm	48682	48683
Parent and Me	5:00 pm	48871	48734
Preschool	5:00 pm	48689	48684
Preschool	5:30 pm	48690	48685
Junior 3&4	5:30 pm	48596	48597
Junior 1&2	6:00 pm	48435	48431
Preschool	6:00 pm	48691	48686
Junior 3&4	6:30 pm	48600	48488
Preschool	6:30 pm	48692	48687
Adult	7:00 pm	48756	48757

Sat Adapted Aquatics 9:00 am (April 24-48762) (May 22-48763)

\*No Class on May 13th due to a school event. Class will be made up on June 4th same time and location.

**Water Play (Saturdays)**

will be held at: Esperanza Elementary  
25121 Pradera Dr., Mission Viejo, Ca 92691  
(This pool is maintained at approximately 80 degrees)

Class	Time	Session 1 4/24-5/15	Session 2 5/22-6/19*
Preschool	10:00 am	48783	48784
Junior	10:00 am	48792	48793

\*No Class on May 29th due to the holiday will be made up on June 12 the same time and location.



**SWIM CAMP**

Stroke Technique, Fitness and Fun!

Swim Camps will be held at: Laguna Hills High School  
25401 Paseo de Valencia, Laguna Hills, Ca 92653  
(This pool is maintained at approximately 80 degrees)  
**SITES AND SCHEDULES SUBJECT TO CHANGE  
DUE TO SCHOOL AVAILABILITY**

Swim Camp is designed for beginners through advanced swimmers ages 5-14 who have completed Level 4 of the learn-to-swim program and would like to learn more about the "sport" of swimming. We teach an easy-to-follow skill progression that teaches the proper swim strokes, starts and turns. Equipment Needed: Goggles, Swim Cap and Fins

**Check-in will begin at 6:00 PM.**

**Classes will run from 6:15 PM – 7:00 PM.**

**Class Price: \$78.00/month (12-16 students per coach)**

**Each participant registered may attend  
2 classes per week (Mon-Thurs)**

**of their preference for the entire month registered.**

Level	April	May	June
Bronze	48794	48795	48796
Silver	48800	48801	48802
Gold	48810	48813	48814

Bronze Level: Learn to swim 50 yards of freestyle & backstroke with proper start and turn.

Silver Level: After completing Bronze, swimmers graduate to Silver and learn to swim 50 yards of breaststroke & butterfly with proper start and turn.

Gold Level: After completing Silver, swimmers may test out of Swim Camp and graduate to the Swim Team. Swim Team offers conditioning and training for USA Swimming. Workouts are available 5 days per week and swimmers are grouped by age and ability. Swimmers are invited to attend monthly USA swim meets. A registration with USA Swimming is required for this group.

Swim Meet & Test Out: The meet provides students with an opportunity to test out their swim skills in order to graduate to a higher level or the Swim Team. Once you register, your instructor will provide you more information.



**SUMMER AQUATICS SCHEDULES  
WILL BE RELEASED IN MAY,  
PLEASE CHECK  
WWW.SADDLEBACKRECREATION.COM  
FOR UPDATES!**