

Youth Sports Quarterly



SWIM CAMPS

(Water temperature is 80 degrees and sites are subject to changes due to availability)



Swim Camps are an affordable way to participate in a package of clinics and experience a more complete introduction to the sport of swimming and/or splash ball. These camps are taught by USA certified coaches that specialize in teaching the basics of each sport and the skills necessary to participate on a team. ****SWIMMERS MUST BE ABLE TO SAFELY SWIM 25 YARDS WITHOUT ANY ASSISTANCE **GOGGLES and RUBBER SWIM FINS ARE MANDATORY TO PARTICIPATE.**

Trabuco Hills Swim Camp

Class Fee: \$78.00/month
 Class Days/Times: Tues/Thurs 6:30pm – 7:15pm
 Location: Trabuco Hills High School
 27501 Mustang Run, MV, CA

Swim Clinics Included:

Freestyle & Backstroke: Tues 6:30pm – 7:15pm
 Breaststroke & Butterfly: Thurs 6:30pm – 7:15pm

49942 Sept 50919 Oct 50921 Nov.

Laguna Hills Swim & Splash Ball

Class Fee: \$84.00/month
 Location: Laguna Hills High School
 Day/Time: Saturdays 1:00pm – 3:30pm
 25401 Paseo de Valencia
 LH, CA 92653

Swim Clinics Included:

Freestyle & Backstroke: 1:00pm - 1:30pm
 Diving, Starts & Turns: 1:30pm – 2:00pm
 Breaststroke & Butterfly: 2:00pm – 2:30pm
 BREAK 2:30pm – 3:00pm
 *SPLASH BALL GAME: 2:45pm – 3:30pm
 (*A fun game similar to water polo)

50967 Sept. 50968 Oct. 50969 Nov.

SWIM CLINICS

(Sites, days and times are subject to changes due to availability)

Swim Clinics are offered 1 day per week for a month and allow students ages 5 - 14 an affordable way to be introduced to individual skills within sport of swimming and/or splash ball. These clinics are taught by USA certified coaches that specialize in teaching the basics of each sport and the skills necessary to participate on a team. ****SWIMMERS MUST BE ABLE TO SAFELY SWIM 25 YARDS WITHOUT ANY ASSISTANCE **GOGGLES and RUBBER SWIM FINS ARE MANDATORY TO PARTICIPATE.**

Class Fee: \$48.00/month

Location: Trabuco Hills High School
 27501 Mustang Run, Mission Viejo, CA 92691

Freestyle & Backstroke

50970 Sept. THHS Tues 6:30pm – 7:15pm
 50948 Oct. THHS Tues 6:30pm – 7:15pm
 50949 Nov. THHS Tues 6:30pm – 7:30pm

Breaststroke & Butterfly

50950 Sept. THHS Thurs 6:30pm – 7:15pm
 50951 Oct. THHS Thurs 6:30pm – 7:15pm
 50952 Nov. THHS Thurs 6:30pm – 7:15pm

Class Fee: \$32.00/month

Location: Laguna Hills High School
 25401 Paseo de Valencia, LH, CA 92653

Freestyle & Backstroke

50955 Sept. LHHS Sat 1:00pm - 1:30pm
 50956 Oct. LHHS Sat 1:00pm - 1:30pm
 50957 Nov. LHHS Sat 1:00pm - 1:30pm

Diving, Starts & Turns

50958 Sept. LHHS Sat 1:30pm – 2:00pm
 50959 Oct. LHHS Sat 1:30pm – 2:00pm
 50960 Nov. LHHS Sat 1:30pm – 2:00pm

Breaststroke & Butterfly

50961 Sept. LHHS Sat 2:00pm – 2:30pm
 50962 Oct. LHHS Sat 2:00pm – 2:30pm
 50963 Nov. LHHS Sat 2:00pm – 2:30pm

SPLASH BALL GAME

(A fun game similar to water polo)

50964 Sept. LHHS Sat 2:30pm – 3:30pm
 50965 Oct. LHHS Sat 2:30pm – 3:30pm
 50966 Nov. LHHS Sat 2:30pm --3:30pm



SWIM LESSONS



will be held at:
 Esperanza School
 25121 Pradera, Mission Viejo, CA 92691
 (This pool is maintained at approximately 82 degrees)

The SVUSD Department of Recreation and Community services are pleased to offer swim lessons taught and managed by Swim Venture. To select the appropriate class for your child please read the detailed descriptions for each program.

Back To School Swim Program \$48.00 / session

This is a 1 hour program (30 minute class and 30 minute free swim) 1 day per week, with 6-8 students per instructor. Students will be placed into a group of students based on level of ability during the first class. This class is designed for students with previous swim lesson experience and is designed to enhance existing swim skills. Studies show that children who swim a minimum of 1 hour per week, year-round are 2 times less likely to drown than children who swim during summers only.

Pre-School Ages 3-4: Sats 11:00am – 12:00pm

Session 1: 9/11 – 10/2 59015
 Session 2: 10/9 – 10/30 59016

Junior Ages 5-9: Sats 10:00am – 11:00am

Session 1: 9/11 – 10/2 59017
 Session 2: 10/9 – 10/30 50918

POLICIES AND PROCEDURES

Parent Supervision: All parents are responsible for the supervising their children. They must stay at the facility throughout the entire 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, make-ups may be available directly through your instructor for \$5 per lesson; they are 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 serve basis. No refunds will be given. Check with the on-deck supervisor for availability.