



Lap Swimming at Aviary & Trails Locations

Aviary Lap Swimming

The 3 lap lanes divided by lane lines are always reserved for lap swimming the entire time the club is open in every season throughout the year. Private swim lessons may be taught in the lap lanes, but lap swimmers have priority over lessons at Aviary. If you need a lane we may be able to add a fourth lane for lap swimming in the early morning or later afternoon; however, this is not always an option with children and water aerobics sharing the space too. Please inform our polite and friendly Lifeguard staff if you have any questions, comments, or concerns.

Trails Lap Swimming

The lap swimming schedule for Trails in the Spring and Fall offers two lap lanes from 8:30am-4:30pm and, 7:15-close. Only one lap lane will be available from 4:30-7:15 on Monday, Wednesday, and Friday evenings when lessons begin this Spring on Monday April 1 and as they continue till June 7th.

In the summer time one lap lane is available throughout the day beginning at 9:30am while swimming lessons are going on. There is a mid-day break from group lessons from 12:20-2:00 and there are no group swimming lessons after 5:25, those are the best times to lap swim. The best days to lap swim in the summertime are Fridays, Saturdays, and Sundays as there are only private swimming lessons, and make up lessons during these days in the main pool.

Please inform our polite and friendly Lifeguard staff if you have any questions, comments, or concerns. *This information is subject to change

Lap swimming at Scripps Ranch Swim & Racquet Club is an activity enjoyed by many of our members. With the growing popularity of this exercise you may be asked to share a lane or swim in a circle pattern. Contact the aquatics Director at (858) 271-6222 x 129 with any ?'s.

Scripps Ranch Swim & Racquet Club Spring 2014 Aquatics Programs

Weekday Lessons



Monday, Wednesday, and Friday
(6 half hour lessons)

Session I: March 31, April 2, 4, 7, 9, 11

Session II: April 14, 16, 18, 21, 23, 25

Session III: April 28, 30 May 2, 5, 7, 9

Session IV: May 12, 14, 16, 19, 21, 23

Session V: No Class Memorial Day, May 28, 30, June 2, 4, 6

Members \$55.00 Non-members \$65.00

Session V Pro-rated Members \$47.00 Non-Members \$55.00

Weekend Lessons

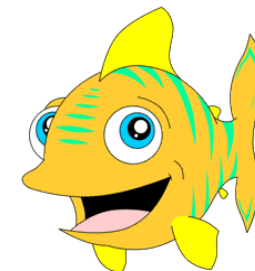


Saturday Mornings
(4 half hour lessons)

Session A: April 5, 12, 19, 26

Session B: May 3, 10, 17, 24

Members: \$45.00 Non-members: \$55.00



Sign Ups will be held at Aviary location.

Saturday, March 8 9am-11am (Members Only)

Saturday, March 15 (Open Registration)

Swim Lesson Levels

Parent Tot

Ages 6 months - 3 years

- Designed for parental participation in water.
- Main focus is on water adjustment, kicking, breathing control, floating, and entering/exiting pool safely.
- Helpful in creating a positive experience in water for beginner swimmers
- Especially helpful for 2 year olds that are not ready for group participation.

Trails Saturday Mornings: 10:00am-10:30am
10:40am-11:10am

Flounders

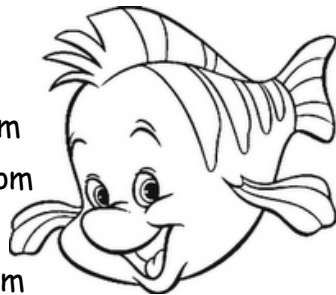
Ages 2- 3 years

- For children with beginner skills that are enrolling in their very first swim lesson
- Focusing on breath control, kicks, supported floats, safety skills and water comfort.

Trails Morning (M/W/F): 10:40am-11:10am

Trails Afternoon (M/W/F): 4:10pm-4:40pm
5:30pm-6:00pm

Trails Saturday Morning: 10:40am-11:10am



Private Swim Lessons

The most effective way to learn to swim is through one-on-one private instruction. Our professional and friendly instructors are available year-round at your convenience.

Opening contract is a minimum of four lessons. Private Lessons are a half-hour long.

Please call SRSRC Swim Lesson Coordinator 858-271-6222 ext. 133 to arrange for private instruction.

The Rates for Private Lessons:

Private lessons for one child or adult,

Members \$25.00 per half hour lesson

Contract of four is \$100.00

Non-Members \$35.00 per half hour lesson

Contract of four is \$140.00

Semi-private lessons are more than one child or adult:

Add \$5.00 for each additional child or adult to the private lesson rate. A contract of four private lessons with three member students would be \$140.00.

Present the check made out to "SRSRC" for four lessons to your instructor at the first lesson. Thank you. If you have any questions you may call or email the Swim Lesson Coordinator at 858-271-6222 ext. 133 or srsrcswimlessons@yahoo.com

Shrimp I

Ages 4- 6 years

- For children at preschool age who are comfortable in the water and good swimmers but lack the knowledge of swim strokes.
- Focusing on improving technique of swim strokes and endurance
- Children should be able to swim 5 yards alone.

Trails Morning (M/W/F): 12:00pm-12:30pm

Trails Afternoon (M/W/F): 3:30pm-4:00pm

4:10pm-4:40pm

6:10pm-6:40pm

Trails Saturday Morning: 10:00am-10:30am



Shrimp II

Ages 4- 6 years

- For children with knowledge of swim strokes who wish to improve their endurance.
 - Children should be able to swim a 15 yards independently at the beginning of Shrimp II.
- This level is comparable to the Seals level but is designed for younger children.

Trails Afternoon (M/W/F): 4:10pm-4:40pm

5:30pm-6:00pm

Trails Saturday Morning: 11:20am-11:50am

12:40pm-1:10pm

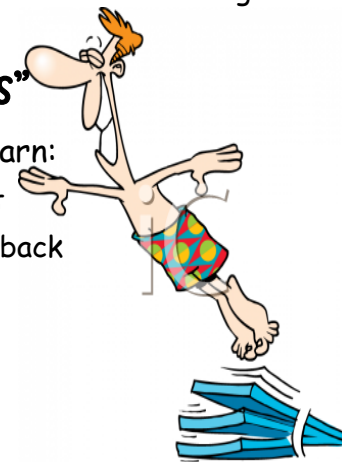
Adult Swimming Lessons “Take a Plunge!”

It is never too late to learn a new skill, and swimming is the best low impact exercise you can do for the rest of your life... But where to begin? Adult 101 will put you on track towards swimming laps by teaching you how to overcome your years of discomfort and by teaching you the concepts of floating and swimming and then applying them in the pool. Begin in the shallow end and bring a friend!

Adult Swim 101 “The Basics”

You will overcome anxiety while you learn:

- Breathing while you swim and float
- How to float on your stomach and back
- Treading water
- Breast stroke
- Freestyle and Backstroke skills.



Adult Swim 102 “Stroke Refinement”

You will work on and refine:

- Freestyle, Backstroke & Breaststroke
 - Introduction into butterfly
- Learning to use a pace clock and read workouts
 - Introduction into flip turns
- Increase endurance to a masters swim level

Adult Swim 101 & 102 @ Trails Location

Monday & Wednesdays 7:30-8:00pm

Members \$60.00 Non-Members \$66.00

Session X: April 1, 3, 8, 10, 15, 17

Session Y: April 22, 24, 29, May 1, 6, 8

Session Z: May 13, 15, 20, 22, No Class Memorial Day, May 29

Session Z Pro-rated: Members- \$50.00, Non- \$55.00



American Red Cross

American Red Cross Lifeguard Training

Scripps Aquatics will offer five separate ARCLG training's throughout the fall & winter. Classes are two consecutive weeks Friday 6:00-9:00pm, Saturday 9:00am-5:00pm, and Sunday 9:00am-5:00pm, you must attend all sessions and pass the Red Cross Exams to pass class, class times are subject to change.

Each student will receive CPR pocket mask and a Red Cross Lifeguard training textbook. Class includes the use of CPR practice mannequins, and American Red Cross video training and a certified professional instructor.

Open to anyone interested in Lifeguarding 15 years of age older. Upon completion of class and satisfactory test scores you will earn American Red Cross Lifeguard Training, CPR, and First Aid for the Professional Rescuer Certifications.

Total cost is \$170.00, Class size is limited. Swimming and treading water skills are part of basic requirements, you must pass a basic skills test on the first day to continue training. If you withdraw from the class after not passing the basic skills test you will be refunded \$150.00, \$20.00 processing fee will be retained by SRSRC.

If you sign up for the class and cannot attend for any reason you may receive partial refund or transfer to another class with a transfer fee of \$20.00. Please call the Aquatics Directors Voicemail (858) 271-6222 ext. 129 if you need to transfer or wish to cancel your enrollment. If you fail the course there is no refund.

Dates of classes:

Class 1: March 29, 30, 31 April 5, 6, 7 (SRHS Spring Break)

Class 2: May 17, 18, 19, 24, 25, 26

Class 3: June 14, 15, 16, 21, 22, 23 (SRHS Summer Begins)

Class 4: July 19, 20, 21, 26, 27, 28

Class 5: August 9, 10, 11, 16, 17, 18

Enroll by calling (858) 271-6222 with a credit card or come to the Aviary location 9875 Aviary Drive, San Diego CA 92131 to sign up in person. Be sure to ask for the Scripps Lifeguard Training Flier when you sign up or get it online at www.srsrc.com. Go to the "aquatics" link and find the Lifeguard Training window.

Grunion I

Ages 3- 5 years

- For the beginner swimmer who is unsure in the water.
- Focusing on breath control, supported floats, kicking, safety skills and beginner swim stroke.

Trails Morning (M/W/F): 10:00am-10:30am

Trails Afternoon (M/W/F): 3:30pm-4:00pm

4:50pm-5:20pm

6:10pm-6:40pm

Trails Saturday Morning: 11:20am-11:50am



Grunion II

Ages 3- 5 years

- For the beginner swimmer who is comfortable in the water
- Focusing on more independent skills including crawl stroke, kicks, unsupported floats, glides and safety skills.

Trails Morning (M/W/F): 11:20-11:50

Trails Afternoon (M/W/F): 3:30pm-4:00pm

4:50pm-5:20pm

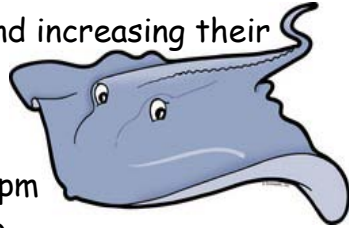
6:50pm-7:20pm

Trails Saturday Morning: 12:00pm-12:30pm

Stingrays

Ages 6- 12 years

- This level is designed for swimmers that have passed the Seals level and/or can swim 25 yards.
- Focusing on stroke refinement and increasing their knowledge of swimming.



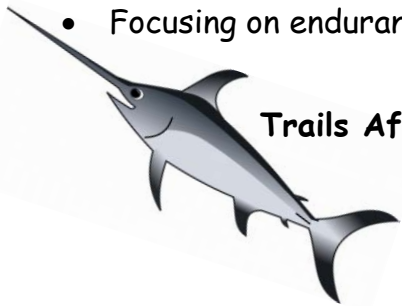
Trails Afternoon (M/W/F): 6:50-7:20pm
7:30-8:00pm



Dolphin & Swordfish

Ages 6-12 years

- This level is designed for swimmers that have passed the Stingrays level and/or can swim several lengths of the pool successfully and with good stroke technique.
- Focusing on endurance and detailed stroke refinement.



Trails Afternoon (M/W/F): 7:30pm-8:00pm

For Questions Regarding Swim Lessons please feel free to contact the Swim lesson Coordinator at:

(858) 271-6222 ext 133 or, srsrcswimlessons@yahoo.com

Quantum Flash Swim Team

If you are interested in joining the swim team program, please contact Quantum head coach, Shaun Whitaker for a try out or any other questions, comments or concerns at (619) 316-8506 or by email at joinquantumswimming@yahoo.com. Workouts are at the Trails pool. Check out the team's website at www.quantumswimming.com.



Diving Lessons

If you are interested in dive lessons this spring contact Amy, SRSRC Diving Coordinator at (858) 271-6222 ext. 102

Cancellation and Make up Policy

If you need to cancel swim or dive lessons you must fill out our "Cancellation Request Form" at least one week prior to the first lesson in order to be considered for a full refund. Please be aware that a \$15.00 processing fee will apply.

If you want to apply for a refund 6 days or less before the first day of class, you will be eligible for half the refund. After the first day of class, refunds will no longer be considered.

Please be aware that make-up lessons will only be given if SRSRC has to cancel a swim class due to lightening or other unusual circumstances. Please call the Swim Lesson Coordinator or Aquatics Director with any ?'s

Questions, Comments, Concerns: Please contact the Aquatics Director Fred Gleason at 858-271-6222 ext 129 or the Swim Lesson Coordinator at ext 133. Or email at srsrcswimlessons@yahoo.com

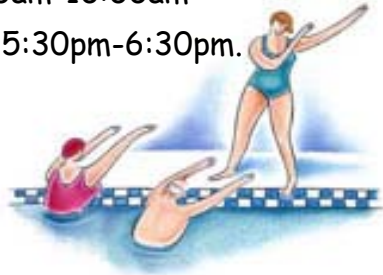
Water Aerobic Classes

Free at the Aviary Pool

Shallow Water Classes low impact workout:

Mornings: Mon, Wed, Fri & Sat - 9:00am-10:00am

Evenings: Monday and Wednesdays - 5:30pm-6:30pm.



Masters Swimming Program

Masters Swimming is coached workouts that are organized into lanes of various abilities of speed and stroke coordination. Team environment provides inspiration while the national affiliation (www.usms.org) offers a venue for competing at meets for those that want to. Many of our swimmers are tri-athletes looking to improve their swimming technique and endurance. Some compete in local open water races too, like the La Jolla Rough Water swim in early September. Come by Trails and get in a weekday morning swim

workout Mon, Wed, & Fri:

Early Morning: 5:30-6:30am

Mid Mornings: 6:30-7:30

Late Mornings: 10:00am-11:00am

Sundays: 7:00am-8:15am

Cost: Members \$35.00 Non-members \$45.00 per month.

Drop in for one workout: Member \$3.00 Non-Member \$4.00

Call Coach Jerry O'Mara (858) 231-0898 with any questions.

Seahorse

Ages 6- 12 years

- This level is designed for older children that have some prior experience in the water but need help coordinating swim stroke and increasing endurance.
- This level is comparable to the Grunion II level but is designed for older children to increase their comfort in the water.

Trails Afternoon (M/W/F): 5:30pm-6:00pm

6:50pm-7:20pm

Trails Saturday Morning: 12:00pm-12:30



Seals

Ages 6- 12 years

- This level is designed for students who have passed the Seahorse level or Shrimp II level and/ or have the skill to swim the entire length of the pool comfortably.
- Focusing on wider range of swim strokes and techniques while increasing endurance.

Trails Afternoons (M/W/F): 4:50pm-5:20pm

6:10pm-6:40pm

Trails Saturday Mornings: 12:40pm-1:10pm

