

Rancho Santa Teresa Swim Lessons



Private, Semi-Private, & Group Lessons

For All Ages!



Enroll
Today!

www.ranchosantateresa.org

(408)227-5758

RSTSRCswimlessons@gmail.com

GROUP LESSON LEVEL DESCRIPTIONS

The following descriptions are what your child will be learning. Our Swim Lesson Coordinator will help find the right class for you.

Parent/Child (6 months- 3 years): Starfish

Guided parent/child sessions focused on basic water safety and elementary skills, including bubble blowing & underwater exploration

Child

- Safety in the pool
- Water adjustment
- Water entry
- Exploration
- Swimming on front
- Swimming on back
- Breath control
- Changing directions
- Water exit

Non-swimmer: Guppy

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy it safely.

- Fully submerge face in water
- Wall crawl
- Blow bubbles
- Supported kicking on front and back
- Float on front and back
- Introduction to alternating arms

Beginner: Minnow

Fundamental Aquatic Skills: Introduces the fundamental skills of swimming

- Submerging face into water and blowing bubbles
- Introduction to alternating arms
- Supported kicking
- Wall crawl

Intermediate: Jellyfish

Stroke Development: builds on the skills from beginner level by providing additional guided practice while introducing new skills.

- Unsupported freestyle
- Coordinate freestyle stroke with rhythmic breathing
- Retrieve objects from bottom of deep water
- Introduction to backstroke
- Introduction to treading water

Intermediate II: Octopus

Stroke Improvement: develops confidence in the strokes and to improve other aquatic skills.

- Demonstrate freestyle, backstroke, side stroke, and elementary backstroke
- Introduction to breaststroke and butterfly
- Introduction to flip turn and open turn
- Treading water
- Dive from edge of pool

Advanced: Sea Otter

Stroke refinement: provides further coordination and refinement of strokes.

- Demonstrate knowledge of all four strokes
- Swimming underwater
- Diving from diving board
- Demonstrate flip turn and open turn
- Swim team ready

2024 SUMMER PRICING & SCHEDULE

PRIVATE LESSONS

30 minute, 1:1 lessons. Individualized plans.

6 Lessons: Member: \$340

Non-Member: \$450

4 Lessons: Member: \$255

Non-Member: \$330

SEMI-PRIVATE LESSONS

30 minute lessons with 2 similar skilled students. Individualized plans

6 Lessons: Member: \$250/student

Non-Member: \$355/student

4 Lessons: Member: \$185/student

Non-Member: \$250/student

ALL PRIVATE/SEMI LESSONS MUST BE COMPLETED WITHIN 3 WEEKS OF 1ST LESSON

GROUP LESSONS

30 minute sessions, 9 weekday mornings over 2 weeks. 1:3 Coach/Swimmer ratio.

Member \$220 / Non-Member \$340

Session 1: June 10 - June 20

Session 2: June 24 - July 5 (no class 7/4)

Session 3: July 8 - July 18

Session 4: July 22- August 1