

Coggan Family Aquatic Complex 2018 Learn To Swim Program

800 Nautilus Street, La Jolla Ca 92037 • 858-456-0945 • www.cogganaquatics.org

Private Lessons Ages 3-adult

Private swim lessons are set up to be individualized swimming instruction with a qualified staff instructor. Private swim lessons are taught year round on a first come first serve basis. Private lessons are **25 minute** lessons focusing on specific problem areas or concerns. Private lessons are offered 5 days a week during normal pool operation hours. Inquire with the front desk for information concerning enrollment.



Private lesson fees are as follows:
\$31 per lesson
\$145 for 5 lessons
\$270 for 10 for lessons

Semi-Private Lessons

Semi-Private lessons offer one-on-two instruction for swimmers similar in age and swimming ability.

Semi-Private lesson fees:
\$40.00 per lesson (\$20.00 per child) 25minute lesson

2018 Group Lessons Ages 3-14

Spring Learn-To-Swim Lessons

May 7 - May 24 (6 Lessons)	M/W	\$90.00*
May 22 - June 7 (6 Lessons)	T/TH	\$90.00*

Spring Class Schedule

3:30pm	4:00pm	4:30pm
Guppy	Seahorse	Guppy
Stingray	Stingray	Stingray
Seal	Dolphin	Seal
Dolphin	Orca	Seahorse

Summer Learn-To-Swim Lessons

Session 1	June 18 - June 29 (10 lessons)	M-F	\$150.00
Session 2	July 2 - July 13 (9 lessons)*	M-F	\$135.00
* No Lesson Wednesday, July 4, 2018			
Session 3	July 16 - 27 (10 lessons)	M-F	\$150.00
Session 4	July 30- Aug. 10 (10 lessons)	M-F	\$150.00
Session 5	August 13 - 17 (5 lessons)	M-F	\$75.00

Summer Class Schedule

10:00am	10:30am	11:00am	
Sea Turtle	Seahorse	Guppy	
Stingray	Stingray	Sea Turtle	
Seal	Seal	Stingray	
Dolphin	Orca	Dolphin	
3:00pm	3:30pm	4:00pm	4:30pm
Guppy	Seahorse	Guppy	Seahorse
Sea Turtle	Stingray	Sea Turtle	Sea Turtle
Stingray	Seal	Dolphin	Stingray
Dolphin	Orca	Orca	Seal

REGISTER NOW!

Registration is on a first come first serve basis. Due to the nature of the group classes, no sign ups will be allowed after the first day of the session. Classes may be cancelled due to staff and pool constraints. Minimum of 3 kids per class. Space is limited so sign up early. There are no make up lessons or refunds once a session has started. Lessons are held rain or shine.

Lesson Levels



Guppy: Water adjustment for young children.

The object of this class is to help students feel comfortable in the water. Students will work on bubble blowing, breath control, putting their head in the water, floating, kicking, getting submerged rings, and introducing arms skills.



Seahorse: Fundamental skill building class.

*Students must be able to float on front and back comfortably without support for 10sec. Be able to comfortably submerge head underwater.

Students will begin rolling on their back to breathe, kicking independently, and diving for submerged rings.



Sea Turtle: Focus on unsupported crawl skills (freestyle/backstroke).

*Students must be able to do a front and back float without support for 10 seconds, be familiar with rolling on their back to breathe, and know the basic movements of the arms and legs.

Students will focus on mastering rolling on their back to breathe while coordinating arm circles on their tummy and becoming familiar with backstroke.



Stingray: Stroke Development of freestyle with side breathing.

*Students must be able to roll on their back to breathe and be capable of jumping from the side of the pool and swimming 5 yards

Students will learn to do freestyle with side breathing, backstroke, and dolphin kick. Breaststroke kick and sitting/kneeling dives from the side of the pool will also be introduced.



Seal: Increase endurance of freestyle and backstroke.

*Students must be able to 10 yards of freestyle, backstroke, and dolphin kick. Students will continue to build their freestyle and backstroke, dolphin kicks, and breaststroke kicks and will be introduced to standing front dives as well as breaststroke pull and timing.



Dolphin: Refinement & coordination of key strokes.

*Students must be able to swim freestyle and backstroke 15-25 yards with side breathing, dolphin kick and breaststroke kick.

Students will continue with freestyle, backstroke, breaststroke and diving, and will be introduced to butterfly, treading water, and sculling.



Orca: Polish key strokes and more endurance.

*Students must be able to swim at least 25 yards of freestyle, 25 yards backstroke, and understand the basics of breaststroke and butterfly. Students will be introduced to open turns, flip turns and shallow dives. As well as endurance building for all strokes. Stroke refinement is the key in this class. This class is designed as a prep class for Wind N' Sea novice swim team.

REFUNDS

All refund requests must be submitted in writing to the Staff and Programs Director. Refund request forms are available at the Coggan Family Aquatic Complex Front Desk. Refunds requested prior to one week from the start of the class will receive a full refund minus a \$10.00 service charge per class. Refunds requested within one week prior to the start of the session will receive a 75% refund. Refunds requested after the start of the session will receive a 50% refund. No refund will be given after the first week of the class. No refunds or make ups for missed classes. No credit or refunds will be given due to inclement weather. Students absent 3 or more days due to illness/injury within one session, with a doctors note, may request a prorated credit or refund. If the Coggan Family Aquatic Complex cancels a class, a credit will be issued towards any Coggan Family Aquatic Complex class or program.

RETURNED CHECKS

For any returned check, a \$25.00 charge will be assessed.