

2018 MCCS
SUMMER
SWIM LESSONS



13 AREA POOL

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WELCOME TO THE MCCS SUMMER LEARN-TO-SWIM PROGRAM

This program offers authorized patrons 6 months thru adult an opportunity to enroll in courses that will help teach a range of skills including water safety, proper swimming techniques, and fitness. The courses are designed for appropriate instruction in a safe and fun environment, ensuring success of all students. We look forward to a Splashin' Fun Summer with you!

SESSION DATES AND COST:

Session	Dates	Authorized Patron Cost	Sponsored Guest Cost
Session 1	Jun 12 - 22	\$50 per child	\$55 per child
Session 2	Jun 26 - Jul 6	\$43 per child	\$48 per child
Session 3	Jul 10 - 20	\$50 per child	\$55 per child

No class Jul 4, Session has been pro rated

MCCS IS PROUD TO OFFER SUMMER SWIM LESSONS TO AUTHORIZED PATRONS.

Sponsored civilian guests are permitted to participate in the Learn to Swim Program. *Please be prepared to show military I.D at sign-up.*

PARTICIPANTS MAY ONLY ENROLL FOR ONE SESSION AT A TIME.

This means that you may not enroll a child multiple times at once. The child must finish his/her lesson before signing up for another session. You may register your child for the upcoming session on the last day of class, after your child's lesson has been completed.

Participants must be 6 months and older to participate in the Learn-to-Swim Program. To ensure your child gets the most out of their lesson, please make sure to enroll your child in a class that suits their abilities. *Please choose according to the age requirements given by the American Red Cross.*

AGE REQUIREMENTS:

Parent N' Tot 1 & 2	Preschool Beginner & Intermediate	Levels 1-6
6 Months - 3 Years	4 - 5 Years	5 Years +

13 AREA POOL

CLASSES RUN TUE THRU FRI FOR 30 MIN

MORNING LESSONS

9am-9:30am

Beginner Preschool

Level 1

Level 2

Level 3

Level 4

9:40am-10:10am

Intermediate Preschool

Level 1

Level 2

Level 3

Level 5

10:20am-10:50am

Parent N' Tot

Beginner Preschool

Level 1

Level 2

Level 3

EVENING LESSONS

5pm-5:30pm

Parent N' Tot

Beginner Preschool

Level 1

Level 2

Level 5

5:40pm-6:10pm

Intermediate Preschool

Level 1

Level 2

Level 3

Level 4

PRIVATE & SEMI PRIVATE LESSONS

TUE THRU FRI FOR 1 WEEK, PER SESSION

SESSION DATES & COST

Session	Dates	Private Lesson Cost	Semi-Private Lesson Cost
Session 1	Jul 24 - 27	\$80 per child	\$100 per session
Session 2	Jul 31 - Aug 3	\$80 per child	\$100 per session
Session 3	Aug 7 - 10	\$80 per child	\$100 per session

***Private Lesson are designed for one participant**

4x30 minute classes

***Semi Private Lesson are designed for 2 participants.**

4x20 minute classes each participant (2 total participants)

* Private lessons Walk in registration only, beginning Jul 11 at 13 Area Pool

*Ages 4 and up



LEARN-TO-SWIM LEVEL DESCRIPTIONS

Please select carefully when choosing a level. If you have any questions please ask staff. Instructors reserve the right to move a student to a higher or lower level depending on student's abilities and class availability.

***Please refer to the age requirements, located above each level description, given by the American Red Cross standards.**

COURSE DESCRIPTIONS

Parent and Tot (Ages 6 months -3 years)

- Familiarize children between the ages of 6 months to 3 years with water and teaching readiness skills.
- Provide safety information for parents and teach techniques parents can use to orient their children to the water.
 - **No skill prerequisites.**
 - **Child must be at least 6 months old**
 - **Parent/adult must accompany child to each class.**

Beginner Preschool (Ages 4 - 5 years)

- Familiarize children 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills.
- Help participants begin to develop positive attitudes and safe practices in and around water.
 - **No skill prerequisites.**
 - **Child must be at least 4 years old**

Intermediate Preschool (Ages 4 - 5 years)

- Increase proficiency and build on the basic aquatic skills learned in Beginner Preschool
- Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics.

Prerequisites:

- **Enter the water independently using either the ramp, side or steps, travel at least 5 yards, submerge to the mouth and blow bubbles for at least 3 seconds, then safely exit the water.**
- **While in shallow water, glide on front for at least 2 body lengths, then roll and float on back for 3 seconds, then recover to the vertical position.**



LEVELS (Ages 5 years+)

Level 1

- Orient participants to the aquatic environment and help them gain basic aquatic skills.
- Help participants begin to develop positive attitude and safe practices around water.
 - **No skill prerequisites.**
 - **Child must be at least 5 years old**

Level 2

- Build on the basic aquatic skills and water safety skills and concepts learned in Level 1

Prerequisites:

- **Enter independently, using either the side, ladder or steps, travel at least 5 yards, bob 5 times, then safely exit the water. (participants can walk, move along the gutter or “swim”).**
- **Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (Can be performed with assistance)**

Level 3

- Build on the skills learned in Levels 1 & 2
- Help participants achieve basic water competency in a pool environment

Prerequisites:

- **Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.**
- **Move into a back float for 15 seconds, roll to front, then recover to a vertical position.**
- **Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.**

Level 4

- Improve participants' proficiency in performing the swimming strokes that were introduced in level 3.

Prerequisites:

- **Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.**
- **Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.**

Level 5

- Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke).

Prerequisites:

- **Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yds.**
- **Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.**
- **Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.**

ADULT PRIVATE LESSONS

Flexible schedule Mon-Fri, please call 13 Area Pool for more information.

\$20 per, 30-minute class.

(760) 725-4344

*Ages 16 and up



13 AREA POOL BLDG 1315

Summer Season Hours

(Located at the corner of Vandegrift Blvd and 11th St, across from the Mainside Marine Mart)

Phone: (760) 725-4344

Hours Effective Jun 12

Mon	Closed
Tue - Fri	6am-8:45am (Lap Swim Only) 9am-11am (Learn to Swim Only) 11am-1pm (Lap Swim Only) 1:30pm-4:30pm (Recreation Swim) 5pm-6:10pm (Learn to Swim Only)
Sat - Sun	Noon-6pm (Recreation Swim)

Summer Nights - Enjoy the summer evenings at 13 Area Pool for open swim in the moonlight. Summer Nights will be held Thursdays from 7-9:30pm on the following dates: Jun 28 and Jul 26.

14 AREA POOL BLDG 14116 (LAP SWIM ONLY)

(Located off of Vandegrift Blvd. and Rattlesnake Canyon Rd)

Pool Closed for Maintenance Until Further Notice

REGISTRATION

Walk-in Registration

May 26 (On going throughout the summer season at 13 Area Pool)

Instructions:

- Fill out registration card completely. Please include an e-mail address to receive class updates.
- **Participants may only enroll in one session at a time**
- Please include pool, session, and time of lesson preferences.
- Payment (cash, check, or credit card) payable to MCCC 0140 (Military ID card will be checked upon registration).

Swim Lesson Cancellation Policy:

Please provide a 24-hour notice for any cancellations or any changes. Refunds will not be issued after the first day of class. In case of a pool closure, a safety day will be conducted. Participants will be notified if otherwise.



REGISTRATION CARD

Parent/Guardian's Information

Name (Last, First, MI) _____ Rank _____
Address _____ City, State _____ Zip Code _____
Home Number _____ Work _____ Cell _____
Email _____

Emergency Contact

Name (Last, First, MI) _____
Home Number _____ Work _____ Cell _____

Child 1 Information

Name (Last, First, MI) _____ Age _____ Male Female
Does the participant have any medical conditions that the instructor should be aware of? _____

13 Area Pool _____ Alternate Choice - 13 Area Pool _____
Session _____ Level _____ Time _____ Session _____ Level _____ Time _____

Child 2 Information

Name (Last, First, MI) _____ Age _____ Male Female
Does the participant have any medical conditions that the instructor should be aware of? _____

13 Area Pool _____ Alternate Choice - 13 Area Pool _____
Session _____ Level _____ Time _____ Session _____ Level _____ Time _____

Total Fee _____ **Please Make Checks Payable to MCCS0140 (Cash, Check, or Money order ONLY)
The parent or guardian and minor fully understand that there may be some inherent risk involved in the event/activity in which the minor desires to participate in. Participation is voluntary, and the parent or guardian agrees to assume the risk of personal injury for the minor. In addition, the parent or guardian agrees to indemnify and hold harmless the United States Marine Corps and Marine Corps Community Services (MCCS), its officers, employees, successors, and assigns from and against any and all claims, damages, liability, losses including reasonable attorneys fees and costs of suit, arising out of the minor's participation in an MCCS event/activity. By signing the agreement, the parent or guardian and minor certify that they fully understand the risks and dangers involved in the event/activity. In case of injury, the parent or guardian consents to receive emergency medical treatment.

Parent Guardian (Print) _____ **Signature** _____

For Office Use Only

Cash Check Number _____ Mail-In Walk-in
 Money Order Number _____ Registered By _____

Child 1 _____ **Child 2** _____
13 Area Pool _____ 13 Area Pool _____
Session _____ Level _____ Time _____ Session _____ Level _____ Time _____

Privacy Act Statement

SORN NM01700-1

AUTHORITY: 10 USC 5013, Secretary of the Navy, 10 USC 5041

PRINCIPAL PURPOSE: To administer programs devoted to the mental and physical well-being of Department of the Navy (DON) personnel and other authorized users; to document the approval and conduct of specific contests, shows, entertainment programs, sports activities/competitions, and other Morale, Welfare and Recreation-type activities and event sponsored or sanctioned by DON.

ROUTINE USERS: a. Used for emergency contact information. b. Provides a record in the system for a financial audit trail.

DISCLOSURE: Disclosure of personal information is voluntary. However, if requested information is not provided, patron cannot participate in event.

THANK YOU

FOR YOUR PARTICIPATION!



FOR MORE INFORMATION PLEASE CALL
13 Area Pool (760)725-4344

mccsCP.com/aquatics