

# SCRA

## 2009 SPRING/SUMMER SWIM LESSON PROGRAM MEMBER REGISTRATION INFORMATION

**On-line registration!** Registration and payment for all aquatics programs will now be on line. Our registration site will go live for member use only on...

**Saturday, March 7<sup>th</sup> at 9:00 a.m.**

Members may begin registering at that time by going to <http://scra.stanford.edu> and following the link to online swim lesson registration. Member priority registration will continue until March 28<sup>th</sup>. At that time registration will be opened up to nonmembers. If you have any questions about the online registration process please contact Aquatics Director Abi Liu at 857 1732 or [abiswim@gmail.com](mailto:abiswim@gmail.com)

### CLASS DESCRIPTIONS AND SCHEDULE

Private Lessons - One on one lessons provide an optimal learning experience. SCRA

Members - \$90.00 per session

Semi-Private Lessons - 2 or 3 children of the same level may register in a lesson together.

SCRA Members - \$70.00 per session/child

Group Lessons\*\* - Groups consist of no more than 4 swimmers of the same progress level at the set times.

SCRA Members - \$60.00 per session/child

**SPRING:** Saturday group lessons are offered in April and May to give students a chance to learn to swim before the summer starts. All swim lessons are 25 minutes long.

(Level descriptions are shown on the back of this sheet.) **Important note: all the lessons will be held at the Roble pool.**

*Session I - 4/11, 4/18, 4/25 & 5/2*

*Session II - 5/9, 5/16, 5/30, & 6/6*

### LESSON TIMES:

Dolphin 10:00 Fish:10:30 Stingray:11:00 Eel:11:30 Starfish:12:00 Eel:12:30

**SUMMER:** Each session is four lessons, offered Mondays to Thursdays. Each lesson is 25 minutes long.

**Summer sessions will begin the week of June 15<sup>th</sup> and run for nine consecutive weeks. The final session is the week of August 10<sup>th</sup>.**

### LESSON TIMES

A.M. 9:30 10:00 10:30 11:00 11:30

P.M. 1:00 1:30 2:00 2:30 3:00

Private and semi-private lessons may be scheduled during any of these offered times.

Group lessons are available on the following schedule:

Starfish: 11:30 Eel: 11:00 Stingray: 10:30 Fish: 10:00 Dolphin: 9:30

**READY FOR SUMMER TEAM SWIMMING???:** Participation on the SCRA summer team is a fun, low key introduction to competitive swimming. All swimmers who are able to swim 15 yards of freestyle and backstroke are ready to join the team! Participants are offered practices from April through July, a team t shirt, picture, trophy and a variety of out of water fun events during the season. For more information see the SCRA website "PSA summer team" or contact Coach Abi.

## LEVEL DESCRIPTIONS

Progressive levels are used to help track a child's progress through our swim lesson program. When registering for a group lesson you will be asked to select the level that best fits your child's current swimming ability.

### **STARFISH**

Wall Crawl  
Blow Bubbles  
Face in the water  
Front float  
5 bobs (assisted)

### **FISH**

Torpedo  
Back float  
Back float w/kicks (assist)  
Reach/Pull arms  
Jump & return to WALL

### **EEL**

Dive & get ring  
Back float w/kicks (solo)  
Roly-poly breathing  
3 side breaths w/arms  
Backstroke arms (assist)

### **DOLPHIN**

Freestyle - 15 yds  
Backstroke - 15 yds  
Breaststroke Kick  
Butterfly kicks  
Diving from the side

### **STINGRAY**

Butterfly - 15 yds  
Breaststroke - 15 yds  
Freestyle & Backstroke - 25yds

## CANCELLATION POLICY

- 2 week written notice will receive a full refund minus a \$25 processing fee.
- 2 weeks to 72 hours notice will receive a 50% refund.
- Less than a 72 hour notice will receive no refund.

One make-up lesson is allowed per session for private and semi-private lessons, with 24 hour notice to the SCRA Aquatics Office. Make-ups are only available on the Friday of the same week as the cancelled lesson and are not guaranteed to be with the same instructor.

\*\* Registration for Group lessons will be closed after May 15, after which we will only welcome registration in private and semi-private lessons.

## WHAT'S NEXT???

SCRA offers year round pre-competitive classes. Students who graduated from Stingray will qualify to join the highest level in our pre-competitive program. Each session runs 8 weeks in duration, and students will swim twice a week (M/W or T/Th), the classes are 45 min long. For those who are interested in competing in meets, we also have a year round swim team for all ages and levels; please ask for PASA/SCRA year round swimming team information.