asi RECREATIONAL SPORTS

2012 Youth Summer Aquatics Programs

Register in person at the Cal Poly Recreation Center beginning May 14!
Call the front desk at 756-1366 with any questions.

Fee: $55 per session for both Youth Swim and Youth Water Polo lessons.
(10% off registration if you register for 3 or more classes at time of registration)

Youth Water Polo Lessons

This program is a great opportunity to be introduced to the growing and exciting game of water polo. Participants will learn the skills, concepts, and rules of the game in a fun and educational environment. Youth water polo lessons will be offered to both boys and girls ages 10–13.

Water polo lessons consist of 8 one-hour class periods, with both weeks of classes running Monday through Thursday. Lessons will be held from 5:30–6:30pm.

Session Dates

Session I	July 9–19
Session II	July 23–August 2

Youth Swim Lessons

Swim lessons sessions consist of nine 40-minute class periods, with the first week of classes running Monday through Friday and the second week of classes running Monday through Thursday. *(See the class levels on page 2 and 3)*

Morning Lessons	Evening Lessons
10:00am	4:00pm
10:45am	4:45pm
11:30am	5:30pm

**Not all class levels offered at each time period. Check website or inquire when registering.*

Session Dates

Session I	June 18–28
Session II	July 9–19
Session III	July 23–August 2
Session IV	August 6–16

For information regarding parking, please visit the Cal Poly University Police department website at www.afd.calpoly.edu/police.

Not sure which level to enroll your child?

We have FREE assessment sessions!

Wed. May 2	5–6pm
Tues. May 15	5:30–6:30pm
Sat. May 19	11:00am–Noon

at the Recreation Center Pool!

RECREATIONAL SPORTS

Youth Swim Class Level Descriptions

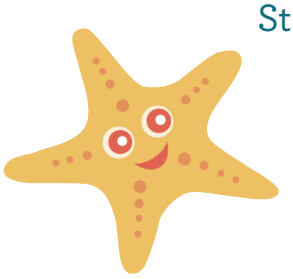
Tadpole–Baby & Me (8:1 ratio)

A class for children ages 12-months to 40-months old with assistance from parents/guardians. Instructor will facilitate water adjustment and breath control through games, songs, and skill building activities between adult and child in the water together.

Skills Taught Include:

- **Proper holding techniques**
- **Bubble blowing**
- **Water entry and exit**
- **Basic arm movements**
- **Kicking**
- **Front and back floats with assistance**
- **Water safety tips**

Starfish–Level 1 (5:1 ratio)

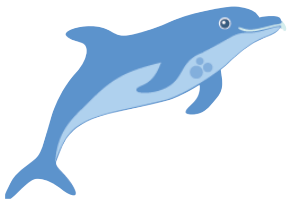


Starfish is the initial class that begins with water exploration and continues with an introduction to the fundamentals of swimming. This class helps the students to feel comfortable in the water and begin learning elementary aquatic skills. Child should be approximately 3–5 years old and willing to participate in a group setting without parent/guardian.

Skills Taught Include:

- **Water adjustment**
- **Bubble blowing and face submergence**
- **Front and back floats with assistance**
- **Flutter kick and basic arm action**
- **Jump in and swim one yard to instructor**
- **Basic pool safety**

Dolphin–Level 2 (5:1 ratio)



Dolphin class is where students begin the development of primary aquatic skills after having achieved success in fundamentals. In this level, the student will begin to propel him/herself in short distances. Child should be confident and comfortable in the water.

Skills Taught Include:

- **Rhythmic breathing and bobbing**
- **Fully submerge, open eyes, and retrieve object**
- **Front and back floats and glides**
- **Beginning front crawl and back crawl components**
- **Jump in and swim five yards to instructor**
- **How and when to summon help**

RECREATIONAL SPORTS

Youth Swim Class Level Descriptions

Barracuda–Level 3 (6:1 ratio)

Barracuda class is a skill building level in which stroke skills introduced in Dolphins are coordinated and practiced. Students are also introduced to the elementary backstroke and breaststroke. Deep-water orientation is introduced.

Skills Taught Include:

- **Front crawl coordination including breathing to the side**
- **Ten yards of front and back crawl swim**
- **Introduction to elementary backstroke**
- **Introduction to breaststroke**
- **Introduction to diving and deep water orientation**
- **Personal safety and rescue skills, including throwing and reaching assists**

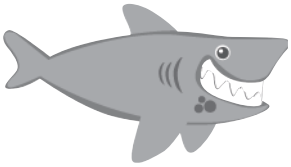
Marlin–Level 4 (7:1 ratio)

Marlin is a stroke development level. Students will work on refining their techniques and developing more endurance. Turns and the breaststroke will be taught. Students will swim lengths of the pool practicing learned strokes and deep-water skills.

Skills Taught Include:

- **25 yards front and back crawl**
- **Coordination of elementary backstroke and breaststroke**
- **Introduction to sidestroke**
- **Introduction to turns at the wall**
- **One minute treading water**
- **Shallow water diving**

Shark–Level 5 (7:1 ratio)



Shark class concentrates on stroke refinement, adding more distance for endurance, and introduction to some advanced strokes. All basic strokes will be covered, as well as the introduction of the butterfly. Advanced safety skills and surface dives will also be covered. Participant must be able to swim 25 yards.

Skills Taught Include:

- **50 yards front and back crawl, elementary backstroke and breaststroke**
- **Introduction to sidestroke and butterfly**
- **Swimming underwater**
- **Turning at the wall**
- **Two minutes treading water**
- **Appropriate use of pace clocks and swim training equipment**
- **Advanced safety skills including conscious choking care.**