

# SWIM LESSONS

LET'S MAKE  
**SUMMER**  
COUNT

COUNT ON SAFETY



Structured, level-based instruction led by certified instructors who meet swimmers where they are and move them forward with confidence. From water comfort and safety to stroke development and endurance, each lesson builds measurable progress.

**OFFERED BY OUR  
AQUATICS CENTER**

Swim Lessons are located in Solana Beach.

## Group Lessons 8x for 30 Minutes

Monday-Thursday

Mornings – 9:40am-10:45am  
Afternoons – 4:00pm-6:50pm

Session Dates	
1	6/15, 6/16, 6/17, 6/18, 6/22, 6/23, 6/24, 6/25
2	6/29, 6/30, 7/1, 7/2, 7/6, 7/7, 7/8, 7/9
3	7/13, 7/14, 7/15, 7/16, 7/20, 7/21, 7/22, 7/23
4	7/27, 7/28, 7/29, 7/30, 8/3, 8/4, 8/5, 8/6

<b>Group</b>	\$248	<b>Semi-Private</b>	\$288	<b>Private</b>	\$416
--------------	-------	---------------------	-------	----------------	-------

Looking to accelerate  
your child's progress?

Add-on 4 private lessons!

## Private Lessons Add-on

### 4x for 30 Minutes

Monday/Wednesday or Tuesday/Thursday

Only available from 9:00am-9:30am

Monday & Wednesday		Tuesday & Thursday	
<b>A</b>	6/15, 6/17, 6/22, 6/24	<b>1</b>	6/16, 6/18, 6/23, 6/25
<b>B</b>	6/29, 7/1, 7/6, 7/8	<b>2</b>	6/30, 7/2, 7/7, 7/9
<b>C</b>	7/13, 7/15, 7/20, 7/22	<b>3</b>	7/14, 7/16, 7/21, 7/23
<b>D</b>	7/27, 7/29, 8/3, 8/5	<b>4</b>	7/28, 7/30, 8/4, 8/6

**Private Fee** \$208





**AGES 2.5-12**

**1:1 Private** One-on-one lesson tailored to your child's needs.  
**1:2 Semi-Private** Parents must find a swimming partner with the same swimming ability and secure both spots at the time of registration.



**AGES 3-5**

**1:3 Sand Dollar** Build water confidence, learn assisted floating and kicking on front and back, and practice getting your face wet.



**AGES 3-5**

**1:3 Sand Crab** Introduces assisted floating, gliding, kicking, front arm strokes, and rolling to breathe with and without face submerged. Goal: Swim 5 yards



**AGES 3-5**

**1:3 Sea Horse.** Refine front arm pulls with coordinated breathing (rolling over to breathe while kicking), back skills, including floating, gliding, kicking, and body balance. Intro to sit dives and jumping from the side of pool and returning to wall. Goal: Swim 10 yards



**AGES 3-5**

**1:4 Sea Star** Learn freestyle techniques, including side breathing, streamline position, and proper balance, followed by backstroke techniques such as back balance kicking and arm pulls. Goal: Swim 25 yards



**AGES 6-12**

**1:4 Penguin.** Focuses on building confidence while introducing freestyle and backstroke fundamentals, including floating on front and back, gliding and kicking, arm pulls and rolling to breathe. Goal: Swim 25 yards



**AGES 6-12**

**1:4 Otter** Swimmers in this class can already safely swim 12.5 yards with rolling to breathe. Build on your skills by learning freestyle and backstroke techniques. Intro to open turns and flip turns. Goal: 50 yards



**AGES 6-12**

**1:5 Seal.** Focuses on developing butterfly and breaststroke kick. Intro to treading water using eggbeater technique. Goal: 75-100 yards



**AGES 6-12**

**1:5 Shark** Emphasizes endurance while refining freestyle, backstroke, and butterfly techniques. Intro to breaststroke arm movements, timing, and standing dives. Goal: 100 yards



**AGES 13-15**

**1:4 Teen** For novice teen swimmers. Expands on stroke techniques, improving freestyle and backstroke endurance and proficiency. Intros butterfly and breaststroke kick and treading water. Goal: 75 yards

**A separate registration is required for each child.** Once all forms and online payments are completed, your spot will be reserved for the respective class. If the class is full, your child will be placed on a waiting list and notified the Friday before the beginning of the swim session.

## Waitlist

If a class is full, your child may be added to the waitlist by completing the registration process for that session. Families will be notified via email the Friday before the session begins if space becomes available.

Please note:

- You will not be charged to join the waitlist.
- You will not receive an invoice unless a spot opens and your child is officially enrolled.
- You will receive an email update about your waitlist status approximately one week prior to the start of lessons.

## Registration

Register online at  
[bgcGreaterTogether.org/aquatics](http://bgcGreaterTogether.org/aquatics)

- **View:** The schedule chart on the next page
- **Click:** "Register" for the class type in the session and time you wish
- **Choose:** Class time (on next page–EZfacility)
- **Register:** Select specific time from "SWIM LESSON NAME" drop-down
- **Register:** Each child per session
- **Complete:** Forms & payment
- **Confirm:** Spot reserved, invoice sent

[View Registration Chart](#) 

## Refunds

Withdrawal request 14 business days before the first day of class you will receive a 100% refund. NO REFUNDS ARE ISSUED 10 DAYS PRIOR TO THE START OF A SWIM SESSION.

\*\*IF we can find a student on the waiting list who is available to take your child's spot for the session we can offer you a refund. If nobody can take your spot, we cannot offer a refund and will issue credit instead.

**Swim Lesson Questions?**  
**Call our Aquatics office at (858) 755-4904**

Or contact our Aquatics Coordinator, Patty Mariscal, at [pmariscal@bgcgreatertogether.org](mailto:pmariscal@bgcgreatertogether.org) or our Assistant Aquatics Coordinator, Jade Foyston, at [jfoyston@bgcgreatertogether.org](mailto:jfoyston@bgcgreatertogether.org).

Located at 533 Lomas Santa Fe Drive, Solana Beach, CA 92075



Time	Sand Dollar	Sand Crab	Sea Horse	Sea Star	Penguin	Otter	Seal	Shark	Teen	Semi-Private	Private
<b>Session 1 June 16, 17, 18, 23, 24, 25, 26</b> Registration closes on Thursday, June 11											
9:40-10:10AM	REGISTER	REGISTER	REGISTER		REGISTER						REGISTER
10:15-10:45 AM				REGISTER		REGISTER	REGISTER	REGISTER		REGISTER	
10:50-12:30 PM	CAMP & SWIM										
4:00-4:30 PM	REGISTER	REGISTER	REGISTER	REGISTER	REGISTER						REGISTER
4:35-5:05 PM						REGISTER	REGISTER	REGISTER	REGISTER	REGISTER	REGISTER
5:10-5:40 PM		REGISTER	REGISTER		REGISTER	REGISTER					REGISTER
5:45-6:15 PM				REGISTER		REGISTER	REGISTER	REGISTER		REGISTER	REGISTER
6:20-6:50 PM											REGISTER
<b>Session 2 June 30, July 1, 2, 3, 7, 8, 9, 10</b> Registration closes on Thursday, June 25											
9:40-10:10AM	REGISTER	REGISTER	REGISTER		REGISTER						REGISTER
10:15-10:45 AM				REGISTER		REGISTER	REGISTER	REGISTER		REGISTER	
10:50-12:30 PM	CAMP & SWIM										
4:00-4:30 PM	REGISTER	REGISTER	REGISTER	REGISTER	REGISTER						REGISTER
4:35-5:05 PM						REGISTER	REGISTER	REGISTER	REGISTER	REGISTER	REGISTER
5:10-5:40 PM		REGISTER	REGISTER		REGISTER	REGISTER					REGISTER
5:45-6:15 PM				REGISTER		REGISTER	REGISTER	REGISTER		REGISTER	REGISTER
6:20-6:50 PM											REGISTER
<b>Session 3 July 14, 15, 16, 17, 21, 22, 23, 24</b> Registration closes on Thursday, July 9											
9:40-10:10AM	REGISTER	REGISTER	REGISTER		REGISTER						REGISTER
10:15-10:45 AM				REGISTER		REGISTER	REGISTER	REGISTER		REGISTER	
10:50-12:30 PM	CAMP & SWIM										
4:00-4:30 PM	REGISTER	REGISTER	REGISTER	REGISTER	REGISTER						REGISTER
4:35-5:05 PM						REGISTER	REGISTER	REGISTER	REGISTER	REGISTER	REGISTER
5:10-5:40 PM		REGISTER	REGISTER		REGISTER	REGISTER					REGISTER
5:45-6:15 PM				REGISTER		REGISTER	REGISTER	REGISTER		REGISTER	REGISTER
6:20-6:50 PM											REGISTER
<b>Session 4 July 28, 29, 30, 31 August 4, 5, 6, 7</b> Registration closes on Thursday, July 23											
9:40-10:10AM	REGISTER	REGISTER	REGISTER		REGISTER						REGISTER
10:15-10:45 AM				REGISTER		REGISTER	REGISTER	REGISTER		REGISTER	
10:50-12:30 PM	CAMP & SWIM										
4:00-4:30 PM	REGISTER	REGISTER	REGISTER	REGISTER	REGISTER						REGISTER
4:35-5:05 PM						REGISTER	REGISTER	REGISTER	REGISTER	REGISTER	REGISTER
5:10-5:40 PM		REGISTER	REGISTER		REGISTER	REGISTER					REGISTER
5:45-6:15 PM				REGISTER		REGISTER	REGISTER	REGISTER		REGISTER	REGISTER
6:20-6:50 PM											REGISTER

Private Lesson 4x Add-On					
<b>SESSION A</b>	Monday & Wednesday	6/15, 6/17, 6/22, 6/24	9:00 AM-9:30 AM		REGISTER
<b>SESSION B</b>	Monday & Wednesday	6/29, 7/1, 7/6, 7/8	9:00 AM-9:30 AM		REGISTER
<b>SESSION C</b>	Monday & Wednesday	7/13, 7/15, 7/20, 7/22	9:00 AM-9:30 AM		REGISTER
<b>SESSION D</b>	Monday & Wednesday	7/27, 7/29, 8/3, 8/5	9:00 AM-9:30 AM		REGISTER
<b>SESSION 1</b>	Tuesday & Thursday	6/16, 6/18, 6/23, 6/25	9:00 AM-9:30 AM		REGISTER
<b>SESSION 2</b>	Tuesday & Thursday	6/30, 7/2, 7/7, 7/9	9:00 AM-9:30 AM		REGISTER
<b>SESSION 3</b>	Tuesday & Thursday	7/14, 7/16, 7/21, 7/23	9:00 AM-9:30 AM		REGISTER
<b>SESSION 4</b>	Tuesday & Thursday	7/28, 7/30, 8/4, 8/6	9:00 AM-9:30 AM		REGISTER



**BOYS & GIRLS CLUBS**  
OF NORTHWEST SAN DIEGO

(858) 755-4904

[aquatics@bgcGreaterTogether.org](mailto:aquatics@bgcGreaterTogether.org)

[bgcGreaterTogether.org](http://bgcGreaterTogether.org)