

Green Valley Homeowners Recreation Association 2025 Summer Swim Lesson Schedule

Please read the Class Level Information to find the best American Red Cross Certified Class for your child.
The first day of class, students will be tested to make sure they are in the proper level.

Each Session is Monday to Friday, 50 minutes each day

<u>Session Dates:</u>	<u>Class Levels & Times:</u>				
	9:00 a.m.	10:00 a.m.	11:00 a.m.	**5:10 p.m.	**6:10 p.m.
#1 - June 16 to 20	4,5,6	2,3,4	1,2,3	2,3	4,5/6
#2 - June 23 to 27	5,6	3,4	1,2	1,2,3	3,4,5/6
#3 - June 30 to July 4	5,6	3,4	1,2	N/A	N/A
#4 - July 7 to 11	5,6	3,4	2,3	2,3	4,5/6
#5 - July 14 to 18	4,5,6	3,4,5	1,2,3	1,2	3,4
#6 - July 21 to 25	3,4,5,6	2,3,4,5	1,2,3,4	1,2,3	3,4,5/6
#7 - July 28 to Aug 1	4,5,6	3,4,5	1,2,3	2,3,4	3,4,5/6
#8 - August 4 to 8	2,3,4,5,6	1,2,3,4,5	1,2,3,4,5	1,2,3	3,4,5/6
#9 - August 11 to 15	3,4,5,6	2,3,4,5	1,2,3,4	2,3	4,5/6

****Evening lessons for Green Valley residents only.** Nonresidents may register for morning lessons.

*** CLASS LEVEL 1: INTRODUCTION TO WATER SKILLS - 3 1/2 to 5 years** - Children with little or no swim experience. **Helps the student feel comfortable in the water:** *Enter and exit water safely; *Open eyes under water, pick up submerged object; *Swim on front and back using arm and leg actions; *Submerge mouth, nose and eyes; *Float on front and back; *Follow basic water safety rules; *Exhale water underwater through mouth and nose; *Explore arm and hand movements. Minimum age 3 1/2 years and able to stay in the class without a parent in the water.

*** CLASS LEVEL 2: FUNDAMENTAL AQUATIC SKILLS** - Students are introduced to front & back crawl - **Gives students success with fundamental skills:** *Enter water by stepping or jumping from the side; *Open eyes underwater, pick up submerged object; *Roll over from front to back, back to front; *Swim on front and back using combined strokes; *Float on front and back; *Swim on side; *Tread water using arm and leg motions; *Submerge entire head; *Perform front and back glide.

*** CLASS LEVEL 3 - STROKE DEVELOPMENT** - (Shallow/Deep end of the pool) Students introduced to butterfly - **Builds on the skills in Level 2 through additional guided practice:** *Jump into deep water from the side; *Bob with head fully submerged; *Perform survival float; *Change from horizontal to vertical position on front and back; *Dive from kneeling or standing position; *Use rotary breathing in horizontal position; *Perform front and back crawl; *Submerge and retrieve object; *Perform front and back glide; *Butterfly - kick and body motion

*** CLASS LEVEL 4 - STROKE IMPROVEMENT** - (Deep end of the pool) Students introduced to breast stroke & back stroke - **Develop confidence in the skills learned and improves other aquatic skills:** *Perform shallow dive or dive from stride position; *Perform open turns on front and back using any stroke; *Perform front and back crawl; *Perform elementary back stroke; *Perform breast stroke; *Swim on side using scissor-like kick; *Butterfly; *Swim underwater; *Tread water using sculling arm motions and kick.

*** CLASS LEVEL 5 - STROKE REFINEMENT** - (Deep end of the pool) Students enhance four stroke and work on flip turns - **Provide further coordination and refinement of strokes:** *Tread water with two different kicks; *Standing dive; *Tuck and surface dive; *Backstroke flip turn; *Breaststroke; *Shallow dive, glide two body lengths and begin any front stroke; *Pike surface dive; *Front and back crawl; *Elementary backstroke; *Front flip turn; *Butterfly; *Side stroke

*** CLASS LEVEL 6 - SWIMMING AND SKILL PROFICIENCY** - (Deep end of the pool) Students are swimming laps - **Provide further coordination and refinement of the four basic strokes;** *Be able to swim the strokes at least 50 yards; *Work on developing flip turns, breathing, technique and dives. For the most advanced swimmers.

*Swimmers are not allowed to enter the pool before their class time and must vacate the pool at the end of their lesson.

* No refunds.

(Over)

Registration Info:

* **Registration is on a first come, first serve basis in the Association office. The office is located at 10739 Los Jardines West, Fountain Valley. Office hours are 9:00 a.m. to 5:00 p.m., Monday through Friday.**

Green Valley residents can begin registering on May 13th. Nonresidents can register beginning June 3rd.

For additional information, 714-962-8205 or email gvhra@aol.com.

* **Walk-in registration only.** No saving a spot for anyone in line. No phone-in or mail-in registration accepted. Payment due at time of registration. **No refunds.**

* Proof of Green Valley residency is required. You must show proof of Green Valley residency to receive the Green Valley discount. Anyone in question will be asked to pay the nonresident rate and will not be permitted to register until June 8th.

* For your convenience, you may pay by check, cash, Visa or MasterCard. There is a 3% credit card transaction fee.

Lessons Fees:

* **Green Valley Residents:** Register beginning May 13th -- **\$65/session; \$55/session, additional child, same family, same session**
(We will not be taking registration May 21st to 28th due to the Memorial Day Picnic.)

* **Nonresidents:** Register beginning June 3rd -- **\$80/session** (No discounts for additional swimmer in same family)

Class Information:

*Goggles are highly recommended. Class size is limited to four to eight students. Classes fill, so register early! Full payment due at registration. No refunds.

*Evening lessons are reserved for Green Valley residents only. Nonresidents can only register for the morning lessons.

*Parents must stay at the pool during lessons. Should the pool be closed at any time, the remaining lessons for the day will be moved to the North Pool, 10824 Los Jardines East. A sign will be posted on the pool gate.

*No refunds. If you miss a class, we do not offer make-ups or partial refunds.

*If it rains, we still hold lessons. We will only cancel if there is lightning.

*Street sweeping is the second and fourth Thursdays of each month in the morning. Park at your own risk.

*PLEASE DO NOT FEED YOUR CHILD 30 MINUTES BEFORE THE START OF CLASS to help cut down on pool closures due to vomit. (The family may be charged the \$150 cleaning fee.) In case of pool closure, the lessons will be moved to the North Pool (10824 Los Jardines East.) A note will be posted on the South Pool gate.

Pool Location & Information:

* All lessons will be held at the South Pool, 10739 Los Jardines West, Fountain Valley.

* The South Pool is open to Green Valley residents only during swim lessons. If anyone is interrupting the lessons, they will be asked to leave the pool deck area. **Nonresidents may not free swim before, during or after lessons.** Swimmers must vacate the pool at the end of their lesson.

* There are no lifeguards on duty during the morning lessons. A parent/guardian must accompany and supervise children under the age of 14 years at all times. Please be at the pool to pick up your child immediately at the end of class. There is a ten minute break between classes when we clear the pool of all swimmers.

* Please obey the pool rules listed on the pool deck fence. Keep the gates closed and locked at all times!

* No soap or shampoo allowed in the shower. shower is for rinsing off only.

* All children under the age of 4, potty trained or not, must wear a swim diaper or rubber pants in the pool at all times. Please take your child to the restroom before class begins to help cut down on pool closures due to defecation. The family may be charged the \$150 pool cleaning fee.

* No private lessons allowed.