



# 2013 Youth Swim Lessons at Ortega Park & Los Baños Pools

## Level 1: Introduction to Water Skills Ages 4-7

Helps students to feel comfortable in the water and enjoy water safety.

## Level 2: Fundamental Aquatic Skills Ages 4-7

Prerequisites: 1. Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim".) 2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

Our American Red Cross-based swim programs for children 6 months to 12 years incorporate the development of basic swim techniques, vital water safety skills and, most importantly, how to have fun in an aquatic environment.

**Pool locations:** Ortega Park Pool, 600 N. Salsipuedes Street. Los Baños Pool, 401 Shoreline Drive.

**Fees:** \$61/\$55 with Resident Discount. \$55/\$50 for sessions starting on 7/1 due to July 4 holiday.

**To register:** Online at [www.sbparcsandrecreation.com](http://www.sbparcsandrecreation.com) or call 966-6110.

### Tiny Tots: 6 mos-3 years

Parent and child aquatics build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

### ORTEGA PARK POOL Level 1 Pre-Season

Code	Dates	Hours
17567	6/3-6/14	4:00-4:30pm
17568	6/3-6/14	4:40-5:10pm
17569	6/3-6/14	5:20-5:50pm

### Level 1 Summer

17576	6/17-6/28	12:15-12:45pm
17578	6/17-6/28	3:10-3:40pm
17579	6/17-6/28	3:45-4:15pm
17580	6/17-6/28	4:20-4:50pm
17581	6/17-6/28	4:55-5:25pm
17582	7/1-7/12	12:15-12:45pm
17583	7/1-7/12	3:10-3:40pm
17584	7/1-7/12	3:45-4:15pm
17585	7/1-7/12	4:20-4:50pm
17601	7/1-7/12	4:55-5:35pm
17586	7/15-7/26	12:15-12:45pm
17587	7/15-7/26	3:10-3:40pm
17588	7/15-7/26	3:45-4:15pm
17589	7/15-7/26	4:20-4:50pm
17590	7/15-7/26	4:55-5:25pm
17591	7/29-8/9	12:15-12:45pm
17592	7/29-8/9	3:10-3:40pm
17593	7/29-8/9	3:45-4:15pm
17594	7/29-8/9	4:20-4:50pm
17595	7/29-8/9	4:55-5:25pm
17596	8/12-8/23	12:15-12:45pm
17597	8/12-8/23	3:10-3:40pm
17598	8/12-8/23	3:45-4:15pm
17599	8/12-8/23	4:20-4:50pm
17600	8/12-8/23	4:55-5:25pm

### ORTEGA PARK POOL Level 2 Pre-Season

Code	Dates	Hours
17570	6/3-6/14	4:00-4:30pm
17571	6/3-6/14	4:40-5:10pm
17572	6/3-6/14	5:20-5:50pm

### Level 2 Summer

17602	6/17-6/28	12:15-12:45pm
17603	6/17-6/28	3:10-3:40pm
17604	6/17-6/28	3:45-4:15pm
17605	6/17-6/28	4:20-4:50pm
17606	6/17-6/28	4:55-5:25pm
17607	7/1-7/12	12:15-12:45pm
17608	7/1-7/12	3:10-3:40pm
17609	7/1-7/12	3:45-4:15pm
17610	7/1-7/12	4:20-4:50pm
17611	7/1-7/12	4:55-5:25pm
17612	7/15-7/26	12:15-12:45pm
17613	7/15-7/26	3:10-3:40pm
17614	7/15-7/26	3:45-4:15pm
17615	7/15-7/26	4:20-4:50pm
17616	7/15-7/26	4:55-5:25pm
17617	7/29-8/9	12:15-12:45pm
17618	7/29-8/9	3:10-3:40pm
17619	7/29-8/9	3:45-4:15pm
17620	7/29-8/9	4:20-4:50pm
17621	7/29-8/9	4:55-5:25pm
17622	8/12-8/23	12:15-12:45pm
17623	8/12-8/23	3:10-3:40pm
17624	8/12-8/23	3:45-4:15pm
17625	8/12-8/23	4:20-4:50pm
17626	8/12-8/23	4:55-5:25pm

### ORTEGA PARK POOL

Code	Dates	Hours
17652	6/17-6/28	5:30-6:00pm
17653	7/1-7/12	5:30-6:00pm
17654	7/15-7/26	5:30-6:00pm
17655	7/29-8/9	5:30-6:00pm
17656	8/12-8/23	5:30-6:00pm



Please see other side for more lessons.



# 2013 Youth Swim Lessons from Parks & Recreation-page 2

## Level 3: Stroke Development Ages 4-7

Prerequisites: 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position. 2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

### ORTEGA PARK POOL Level 3 Pre-Season

Code	Dates	Hours
17573	6/3-6/14	4:00-4:30pm
17574	6/3-6/14	4:40-5:10pm
17575	6/3-6/14	5:20-5:50pm

### Level 3 Summer

17627	6/17-6/28	12:15-12:45pm
17628	6/17-6/28	3:10-3:40pm
17629	6/17-6/28	3:45-4:15pm
17630	6/17-6/28	4:20-4:50pm
17631	6/17-6/28	4:55-5:25pm
17632	7/1-7/12	12:15-12:45pm
17633	7/1-7/12	3:10-3:40pm
17634	7/1-7/12	3:45-4:15pm
17635	7/1-7/12	4:20-4:50pm
17636	7/1-7/12	4:55-5:25pm
17637	7/15-7/26	12:15-12:45pm
17638	7/15-7/26	3:10-3:40pm
17639	7/15-7/26	3:45-4:15pm
17640	7/15-7/26	4:20-4:50pm
17641	7/15-7/26	4:55-5:25pm
17642	7/29-8/9	12:15-12:45pm
17643	7/29-8/9	3:10-3:40pm
17644	7/29-8/9	3:45-4:15pm
17645	7/29-8/9	4:20-4:50pm
17646	7/29-8/9	4:55-5:25pm
17647	8/12-8/23	12:15-12:45pm
17648	8/12-8/23	3:10-3:40pm
17649	8/12-8/23	3:45-4:15pm
17650	8/12-8/23	4:20-4:50pm
17651	8/12-8/23	4:55-5:25pm

## Level 4/5 Stroke Development: Ages 6-12

Prerequisites: 1. Perform a feet-first surface entry into chest deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (floating or sculling) and swim elementary backstroke for 15 yards.  
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

### LOS BAÑOS POOL Level 4/5 Summer

Code	Dates	Hours
17667	6/17-6/28	10:30-11:00am
17672	6/17-6/28	11:10-11:40am
17668	7/1-7/12	10:30-11:00am
17673	7/1-7/12	11:10-11:40am
17669	7/15-7/26	10:30-11:00am
17674	7/15-7/26	11:10-11:40am
17670	7/29-8/9	10:30-11:00am
17675	7/29-8/9	11:10-11:40am
17671	8/12-8/23	10:30-11:00am
17676	8/12-8/23	11:10-11:40am

## Private Swim Lessons 3 years to adult

One-on-one instruction specifically geared to your particular needs.  
Fee: \$110/\$100 with resident discount for four 30 minute lessons

### ORTEGA PARK POOL Mondays & Wednesdays Two week sessions

Code	Dates	Hours
17657	6/17-6/26	11:15-11:45am
17658	7/1-7/10	11:15-11:45am
17659	7/15-7/24	11:15-11:45am
17660	7/29-8/7	11:15-11:45am
17661	8/12-8/21	11:15-11:45am

### Tuesdays & Thursdays Two week sessions

Code	Dates	Hours
17662	6/18-6/27	11:15-11:45am
17663	6/4-6/13	11:15-11:45am
17664	7/16-7/25	11:15-11:45am
17665	7/30-8/8	11:15-11:45am
17666	8/13-8/22	11:15-11:45am

## Santa Barbara Swim Club Ages 5-18

Improve technique and develop new friendships and team camaraderie with the opportunity to compete. Call 966-9757 to schedule with coaches or [www.sbswim.org](http://www.sbswim.org)



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