

Aquatics - Swim Club



Swim Club is an exciting 7-Level aquatic program designed for students 6-15 years of age. Each swimmer will have the opportunity to work one on one with the SRD Aquatic Coordinators and SRD Staff while participating in a professional lap swim training program. Students will develop proper stroke technique, strengthen core muscles and improve endurance over the course of the sessions. For more information refer to SRD Swim Level Descriptions, individual objectives on SRD swim cards, or contact the SRD Main Office.

To Register: Prerequisites for each level are designed to maintain quality instruction, optimizing the overall learning experience for each student. Incoming students schedule a FREE swim evaluation prior to registration to ensure proper lane placement.

Prerequisite: REQUIRED Swim evaluation
Required Equipment: Swim goggles, swim cap or neatly secured hair.

Beginner (Level 3)

Prerequisite: Successfully complete the SRD Deep Water Swim Test and swim 25 yards backstroke, 10 yards breaststroke, 10 yards butterfly kick with proper stroke technique. Completion of SRD Level 2 or equivalent. Introduction to lap swim, detailed skill technique, swimming drills, starts, finishes and diving while building endurance in the water. If you are interested in joining a swim team this is a great start!

Intermediate (Level 4)

Prerequisite: Successfully complete the SRD Deep Water Swim Test. Completion of SRD Level 3 or equivalent. Complete 25 yards of each Freestyle, Backstroke and Breaststroke, 10 yards of Butterfly, and open turns with proper stroke technique.

Learn techniques to improve water entry, transitions, strokes and speed in the water. Stroke technique goals include; strengthen and refine freestyle, backstroke and breaststroke, introduction to butterfly, and utilizing flip turns to continuously swim a minimum of 250 yards.

Advanced (Levels 5, 6, 7, 7+Swim Club Select see pg. 37)

Prerequisite: Successfully complete the SRD Deep Water Swim Test. Completion of SRD Level 4 or equivalent. Complete 50 yards Freestyle, Backstroke and Breaststroke, 25yards of Butterfly and flip turns with proper stroke technique.

Levels 5, 6 and 7 are designed to advance swim technique, training, speed and endurance to a pre-professional level. Students will review all lower level skills including utilization of Personal Flotation Device (PFD). Water entry skill development includes stride jump, feet first surface dive, and board diving in tuck & pike position. Additional advance skill training in underwater swimming, butterfly stroke, backstroke flip turns, treading water for 5-minutes. Objectives include 500 yard continuous swim with turns, personal fitness plan development, advanced safety and rescue skills including retrieving a brick from 9-feet of water (preparation for Lifeguard Course).

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Tuesday/Thursday Swim Club

Seasonal Session Dates	Resident/Pass Holder Rate	Regular Rate
Winter 12 Lessons Session 1: January 17 - February 23	\$144	\$174
Spring 24 Lessons Session 1: February 28 - May 25 (week of April 10th off)	\$288	\$348
Summer 19 Lessons Session 1: June 13 - August 17 (No class 7/4)	\$228	\$276
Fall 23 Lessons Session 1: September 5 - November 21	\$276	\$333

Level/Class	Location	Time
Beginner Level 3	Lane 1	5:30pm 6:15pm
Intermediate/Advanced Level 4+	Lane 2	5:30pm 6:15pm
Select Swim Club Level 6 & 7+	Lane 3	5:30pm

Wednesday/Friday Swim Club

Seasonal Session Dates	Resident/Pass Holder Rate	Regular Rate
Winter 12 Lessons Session 1: January 18 - February 24	\$144	\$174
Spring 24 Lessons Session 1: March 1 - May 26 (week of April 10th off)	\$288	\$348
Summer 20 Lessons Session 1: June 14 - August 16	\$240	\$290
Fall 23 Lessons Session 1: September 6 - November 22	\$276	\$333

Level/Class	Location	Time
Beginner Level 3	Lane 4 (Summer, Lane 1)	4:15pm
Interm/Adv Level 4+	Lane 4 (Summer, Lane 1)	5:00pm