



Learn To Swim - Summer 2019



June 10th - August 9th

Monday				
Lane 1	Lane2	Lane 3	Lane 3-deep	Lane 4/5
9:00	9:00		9:00	
9:45	9:45	9:45		9:45
10:30	10:30	Older Start.	10:30	
Fast Trak	Fast Trak	Fast Trak		Fast Trak
NBSP				
3:30	3:30	3:30		3:30
4:15	4:15	4:15		4:15
5:00	5:00	5:00		5:00
5:45	5:45	5:45	5:45	
xx- Y3	6:30	6:30		6:30
7:10pm-baby				

Tuesday				
Lane 1	Lane2	Lane 3	Lane 3-deep	Lane 4/5
9:00	9:00	9:00		9:00
9:45	9:45		9:45	
10:30	10:30	10:30		10:30
Fast Trak	Fast Trak	Fast Trak		Fast Trak
Daycare	Daycare	Daycare	Daycare	Daycare
3:30	3:30	3:30		3:30
4:15	4:15	4:15		4:15
5:00	5:00	5:00		5:00
5:45	5:45	5:45		5:45
xx- Y3	6:30	x OS	6:30	
7:10pm - Baby				

Wednesday				
Lane 1	Lane2	Lane 3	Lane 3-deep	Lane 4/5
8:30 Y3				
9:10 baby			9:00	
9:45	9:45	9:45		9:45
10:30	10:30		10:30	
Fast Trak	Fast Trak	Fast Trak		Fast Trak
Make ups				
Daycare	Daycare	Daycare	Daycare	Daycare
3:30	3:30	3:30		3:30
4:15	4:15	4:15		4:15
5:00	5:00	5:00		5:00
5:45	5:45	5:45		5:45
6:30	6:30	x OS		6:30
NBSP - 7:10pm				

Thursday				
Lane 1	Lane2	Lane 3	Lane 3-deep	Lane 4/5
3:30	3:30	OS		3:30
4:15	4:15	4:15		4:15
5:00	5:00	5:00		5:00
5:45	5:45	5:45		5:45
6:30	6:30	6:30		6:30
7:10pm-baby				

Friday				
Privates Available/Semi Privates Available 3pm & 6:30pm				
Closed July 5th				
3:00pm	3:30pm	4:15pm	5:00pm	5:45pm
NBSP/Privates	Lane 1-Lane 2/3	Lane 1-Lane 2/3	Lane 1-Lane 2/3	Lane 1-Lane 2/3
We only offer Lane 1, and a Lane 2/3 combo class only				

Specialty Programming			
Baby n' Me		June Fast Track	
Monday 7:10pm, Tuesday 7:10pm, Wed 9:10am, Thursday 7:10pm		Monday, Tuesday, Wednesday @ 11:15am	
Young 3's - from RKSA Baby Only		Nervous Beginners - NBSP	Older Starters - OS
Monday and Tuesday 6:30pm & Wednesday 8:30am		Private Lessons	Family Swim
		Check Availability	By Request
			Not offered in the Summer

See Page 3 for Lane and Program Descriptions

SUMMER REGISTRATION DEADLINES

CURRENTLY ENROLLED FAMILIES

- **5/1 (Wed) - Current morning families**
Register for AM Classes
- **5/2-5/10 – Current families change to Morning classes or Fast Track.*** Online, or in office,
M-F 3:30-7:15pm

*Once you drop your evening lesson time, you may not be able to return to that specific time in the **fall** as other swimmers can secure it once you forfeit the lesson, and have a chance to renew.

May 13 - May 22 (M-W)
Renew your Current PM Lesson Time, Or, we are requiring you to Change*.

- Current time slot and lane. **3:30-7:15pm**
- *After all current renewals on 5/22 at 7:15pm, we will register the families **we** required to change as we no longer could offer you that class time.
- Then, we will add new siblings starting **5/22, 8pm.**

MAY 23-24 (Th-Fri)
Want to Change Current Lesson Time

- Families can also add tested siblings, register for Nervous Beginners, or register to attend 2x/week. Online, or in person, **3:30-6:30pm**

PREVIOUS and Wait List FAMILIES

MAY 27 (Monday) Office Hours: 3:30-7pm

- Register online, or in person for any programming. Add siblings if tested.

NEW FAMILIES REGISTRATION

MAY 28-May31 Office Hours: 3:30-7pm

Check online for ongoing office hours from 6/3-6/7 at www.robknightswimamerica.com or email us at swim@ksa.comcabiz.net

RKSA SUMMER FEES 6/10/19 – 8/9/19

GROUP PROGRAMMING: All programs except Nervous Beginner, Semi Privates, or Privates. **\$17 per class for 1x/week & \$15 per class for 2x/week.**

NERVOUS BEGINNER SEMI-PRIVATES: Ages 3.5 -6 yrs.
\$25 for each lesson. 30 minutes for two swimmers. 4 lessons are typically scheduled. The goal is to advance to a **Group** Lesson after they graduate from semis. Group time TBD and based on availability.

Semi Privates or Privates: Age 6.5-11

Designed for swimmers who want more individual attention or swimmers who are unable to commit to all 9 weeks. Ideal for visiting grandchildren. See Prices Below

- Semi Privates are 40 minutes for two swimmers, and you must to provide both swimmers.
- Private lessons are either 30 or 40 minutes and are only available at 12pm-noon, on Monday or Tuesday, 2:45pm on Monday or Thursday, or Friday evenings based on **teacher/pool** availability.
- RKSA staff schedules vary, and we prefer to have customers schedule with the same teacher for all the private/sp lessons. Scheduled starting 6/3 when we have staff schedules.

Fast Trak: Monday thru Wednesday 11:15-11:55am – Lessons are offered the first three weeks of June (6/3-6/26), only one week is required. \$15/class (\$45/week) and family discounts apply.

We accept checks and cash at RKSA. If you want to use a credit card, you need to register online via our website.

50/50 Payment Deadlines: 1st installment at registration; 2nd installment July 1.

2019 SUMMER FEES

10% discount for the second family member & 20% discount for the third or more, excluding Nervous Beginner Semi-private lesson or Privates

Our office will calculate Fast Trak, and for 2x/week pricing. Fees are adjusted for July 4/5th

All new swimmers will be assessed a \$10 annual registration fee.

June 10-August 9	# of lessons	1 Swimmer	2 Swimmers	3 Swimmers
Enrolled 1x/wk	9	\$153	\$291	\$413
	# of lessons	1 Swimmer	2 Swimmers	
Nervous Semi Privates	4	\$100	\$200	
Semi Private –Age 6.5-11	1	\$25	\$45	
Private Lessons	1	\$30 for 30 min/\$40 for 40 min		
Enrolled on Th, July 4/5	8	\$136	\$258	\$367

RKSA Ability Level		
Lane	Description	Advancement Goals
Nervous Beginners	Required for beginners who have not passed the Swim Test. The purpose of this transitional class (3 to 4 lessons) is to teach them how to be comfortable going completely under water. The practice going under water, retrieve "treasure", 10 relaxed bobs, and jumping from the side. Ask for class schedule as they are not offered during group lesson times to ensure a quiet environment.	For a complete discription see the swim test video. The primary goal is to be comfortable going under water.
1	Continue to work on breath holding so swimmers can front float for 10 seconds independently, once they can front and back float, they advance to kicking and swimming.	Front kick 25ft indepenedently Back kick 25ft with minimal assistance Follows directions so they are safe in lane 2
2	Swimmers front kick in a streamline position over 25 feet without stopping/breathing. They'll continue to improve their freestyle and, once back kick is perfected, then advance to backstroke.	Front Kick 25ft independently Back Kick 25 ft independendently Freestyle 25ft independently Backstroke knowledge
Older Starters	Swimmers who are between the age of 7 and 10 and are lane 1 level. Working on breath holding so swimmers can front floar for 10 seconds independently, once they can front and back float, they advance to kicking and swimming. Advancement to either lane 2 or lane 3 depending on their age. 9/10 year olds need to be lane 3 level.	
3	Instruced on freestyle side breaking, and backstroke. Introduction to breaststroke kick in advance of moving to lane 4. In orderto advance to lane 4, swimmers must master side breathing.	Freestyle with side breathing with a minimum of four good ryhtmic breathes Backstroke with proper technique Introduction to breaststroke kick
3 - deep	Great for students who have 5 stickers on the preschool chart and students who have 3 stickers on the gradeschool chart. Must be comforatble and independent in deep water.	
4	Continue to work on freestyle and backstroke in the deep area of the pool. Also work on treading and breaststroke kick. Once they have breaststroke kick, they have an introduction to whole breaststroke.	Strong freestyle with proper technique Strock backstroke with proper technique Breaststroke kick 50 ft Knowledge of whole stroke breaststroke
5	Primarily work on breaststroke and buttferfly, but in order to finish the program (sticker #10) they must swim 300 yards freestyle. To secure their oth sticker they have to swim whole breaststroke, and whole butterfly. At that point, they have mastered the four competitive strokes, so we move on to 'safety strokes.'	Congradulations: After Sticker 10 Swimmers can stay in our program for a short time to work on endurance, advance to a local swim team, or swim for fun
Fast Trak	Swimmers who cannot commit to the 9 week session or ideal for visiting grangchildren. Lessons are Monday, Tuesday, Wednesday at 11:15 in <u>every</u> lane. Can book one up to three weeks in June only.	