

De Anza Summer Swim

Youth Summer Swim Lesson Program

The De Anza Summer Swim Program provides structured group swim lessons for children from the beginning level through advanced level at De Anza College. The De Anza College Aquatics Center is a completely renovated outdoor 50-meter by 25-yard pool with a separate 25-yard by 20-meter diving well. Private and semi-private swim lessons are available; please call #408-253-7946 for information.

Parking Information: Please use parking lot "C", located near the Stelling Road entrance. Daily parking passes are available in the parking lots and fees are charged at all times. Quarterly permits may be purchased at the cashier's window in the Admissions Office of De Anza College.

De Anza Summer Swim 2009 registration is on a first-come, first-serve basis. De Anza Summer Swim registration is NON-Refundable.

REGISTER TODAY BY MAIL!

Session Dates:

Session #1 : June 15 – June 25

Session #2: June 29 – July 9

Session #3: July 13 – July 23

Session #4: July 27 – August 6

Lesson Times: All lessons are 30 minutes in length and are held Monday through Thursday. Lesson times are offered each half hour beginning at 12:30PM thru 3:30PM.

Class Cost: \$116.00 per child, per session. Payment is *Non-Refundable*.

Confirmation of Class Registration: Class confirmation will be posted on our website at www.daca.org beginning Monday, May 4, 2009

Following are Lesson Descriptions: Please use this information to help determine proper placement of the student. Classes may be cancelled or combined if the minimum student requirement is not met. Lesson ratios: Pre-School, Youth Levels 1, 2 & 3 (4:1 ratio) and Youth Levels 4 & 5 (6:1 ratio)

Pre-School: Ages 3-5 years. Orientation to the aquatic environment, to create a solid foundation for aquatic safety, supported floating and kicking on front and back. Supported alternating arm action and safety skills. *Equivalent to DACA Swim School Rainbow and Green ribbon levels.*

Youth Level 1 (YL1): Ages 5 and up. Orientation to the aquatic environment, to create a solid foundation for aquatic safety, supported floating and kicking on front and back. Supported alternating arm action. *Equivalent to DACA Swim School Green, Blue and Red ribbon levels.*

Youth Level 2 (YL2): Ages 5 and up. Expand on fundamental aquatic skills. Floating skills and kicking on front and back. Rhythmic breathing for freestyle, backstroke and safety skills. *Equivalent to DACA Swim School White & Purple ribbon levels.*

Youth Level 3 (YL3): Ages 5 and up. Develop competency in freestyle and backstroke, introduce breaststroke, treading water, deep water bobbing and aquatic summersaults (to prepare for flip turns). *Equivalent to DACA Swim School Purple & Orange ribbon levels.*

Youth Level 4 (YL4): Ages 7 and up. Continued development of freestyle, backstroke and breaststroke to improve efficiency, introduction of butterfly and flip turns. *Equivalent to DACA Swim School Orange & Gold Starfish ribbon levels.*

Youth Level 5 (YL5): Ages 7 and up. Introduction to fun competitive swimming! Master the 4 competitive strokes, butterfly, backstroke, breaststroke and freestyle. *Equivalent to DACA Swim School Gold Starfish Award.*

Summer Lap Swim Program

Adult Lap Swimming

The De Anza College Adult Lap Swimming is a non-coached swim for deep-water safe adults. No recreational swimming is allowed, and swimmers may need to circle swim – sharing the lane with one or more other swimmers. For safety reasons, lap swimming will be confined to a maximum of 10 lanes.

Parking Information: Please use parking lot "C", located near the Stelling Road entrance. Daily parking passes are available in the parking lots and fees are charged at all times. Quarterly permits may be purchased at the cashier's window in the Admissions Office of De Anza College.

Dates: June 29 – August 6

Times: 11:30AM to 3:30PM Monday through Thursday

Cost: \$5.00 per swim

Punch Card - For multiple use, never expire, lifeguard will keep on file at pool.

20 Swims: \$80.00 (\$4.00 per swim)

No refunds for De Anza Lap Swim for any reason.

****All fees should be paid to the Lifeguard on-duty****

DACA Water Polo

Youth Water Polo Program

DACA Water Polo is for children who want to learn about the sport of water polo, develop new skills, and enhance their current skill level. Our goal is to establish a fun, supportive, and positive environment where players of all levels can improve their skills. The classes are designed for children 11 to 18 years of age. Students must have intermediate swimming skills and be deep-water safe. All classes are offered at De Anza College Aquatics Center in the diving pool.

Summer Session Dates & Times: June 15 – August 6

1:00 to 2:00 PM – 14 to 18 years old (high school)

2:00 to 3:00 PM – 11 to 13 years old (middle school)

Class Cost: \$190.00 per child

No refunds for DACA Water Polo.

If you have questions or need information about other DACA programs – Swim School, Pre-Competitive, Competitive – please visit our website at www.daca.org or call (408) 253-7946.

