

Biola 2019 Summer Swim Program

Summer Schedule

Session 1: 5/20/19-5/30/19

Session 2: 6/3/19-6/16/19

Session 3: 6/17/19-6/27/19

Session 4: 7/1/19-7/11/19

(Lessons will be cancelled on July 4th)

Session 5: 7/15/19-7/25/19

Session 6: 7/29/19-8/8/19

Session 7: 8/12/19-8/22/19

Session 8: 8/26/19-8/30/19

(1 Week Session)

- *Private Lessons will run 7:30am-12:30pm and 3:00pm- 7:00pm, with classes starting every half hour.*
- *Group lessons will run from 8am-12pm, and 3pm-5pm*

Registration

All registration must be completed online at
biolacamps.com

*Payment for lessons will be accepted online at the time of registration.

Office Hours:

Monday & Thursday 7:30am - 7pm

Tuesday & Wednesday 7:30am- 7:30pm

Office Contact Information

Phone: (562) 906-4554

Email: biola.aquatics@biola.edu

Rec. Swim Hours

Lap Swim:

Mon-Thurs 6:30am - 7:30 am

Rec Swim:

Monday-Saturday: 12:30 - 2:30 pm

Sunday: 2-4-pm

Cost: \$2/person*

*Biola ID holders & their families may use the facilities for free upon presentation of their ID to the office staff or lifeguards on duty.

Private Lessons (1:1 ratio):

Monday - Thursday for 2 weeks

(8 lessons total)

Individually designed curriculum

Time: 25 minutes

Price: \$150.00

(8 lessons total)

Group Lessons (5:1 ratio):

Monday - Thursday for 2 weeks

(8 lessons total)

Curriculum levels 1-3*

Time: 25 minutes

Price: \$60.00

Level 1 & 3 Lessons will start on the hour from 8am-12:pm, and 3pm- 5pm (8am, 9am, 10am, ect.)

Level 2 Lessons will start on the bottom of the hour from 8am- 1pm, and 3pm- 5pm (8:30am, 9:30am, 10:30am, ect.)

**If you are interested in group lessons, please stop by the pool from 3:00pm -5:00pm Monday-Thursday for your child to be assessed. No appointment necessary. Upon completion of the assessment, the instructor will inform you of the swimming level of your child.*

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Criteria for Group Levels 1-3

Level 1	Level 2	Level 3
“Water Exploration”	“Primary Skills”	“Stroke Readiness”
<ul style="list-style-type: none"> ● Being comfortable with assistance ● Independently enter and exit the water ● Knowledge of basic water safety ● Put face in water ● Move through water comfortably ● Blowing bubbles ● Bobbs ● Float on front ● Float on back ● Kick on front ● Kick on back ● Front crawl arm movement ● Front and back glide ● Back crawl arm movement ● Elementary backstroke ● Bottom retrieval with assistance 	<ul style="list-style-type: none"> ● Hold breath for 20 seconds ● Bottom retrieval without assistance ● Introduction to deep water ● Get out at the side of the pool ● Stomach float/glide without assistance and back to wall using streamline ● Learn to balance on stomach, side, and back ● Back float/glide without assistance and back to wall ● Move from vertical to horizontal position ● Jump in from side and recover to a horizontal position ● Learn how to streamline ● Turn over front to back ● Turn over back to front ● Back crawl arm movement ● Combine arm and leg movement in crawl stroke ● Intro to Diving 	<ul style="list-style-type: none"> ● Reverse direction while swimming on front ● Reverse direction while swimming on back ● Introduce breaststroke kick ● Introduce butterfly kick ● Coordinate arm stroke for front crawl with side breathing ● Coordinate Back crawl ● Tread using eggbeater ● Somersault for front crawl and back crawl ● Introduction to diving ● Butterfly arms ● Breaststroke arms ● Bob in water slightly overhead to travel to another area ● Front crawl- 25 yards ● Back crawl- 25 yards ● Front crawl kick- 25 yards ● Back crawl kick- 25 yards