

Questions & Answers

Thinking about swim lessons?

Which level should I put my child in?

Following are the age groups for each of the swim class levels we offer. We recommend that you enroll your child in the level that corresponds to their age. However, there may be exceptions based on the child's ability to keep up with a more advanced class. Each of our instructors will work with your child's own swim ability to help them achieve the goals listed in the class descriptions.

- Parent/Tot:** Introduction to Water:
Ages: 9 months – 3 years
- Level 1:** Pre-beginner, Introduction to Water: Ages 2-5
- Level 2:** Beginner Swimming: Ages 3-7
- Level 3:** Intermediate Beginners: Ages 5-9
- Level 4:** Intermediate to Advanced
Ages: 7-11

Does my child need to be on my membership?

Yes, your child must be part of your membership.

Can my child stay in the same level for every session?

Yes. With some children, swimming comes easily while others have to work at it much harder. It is perfectly fine if you as a parent, as well as the instructor, feel it is a good idea to keep your child in the same level. This does not mean they are not learning anything. Your child will make progress at their own pace. Please don't get discouraged.

Questions & Answers

Can I sign my child up for more than one session?

Yes, we advise that you do. If you decide to do an additional session after you have submitted the initial form, please submit a new form.

What if my child gets sick?

If your child is sick and you have presented a doctor's note, make-ups can to be arranged with the instructor. If the instructor is unable to do a make-up, your child will be placed in another session. Only days actually missed will be scheduled for make-ups.

How do I pay?

Payments can be by cash, check, or charging to your Rio account. All sessions are to be paid in full at the time of sign-ups at the front desk. We do not accept partial payments. (Instructors are not to be paid directly for lessons.)

Can I enroll in the session on the day the session is planned to start?

If there is room in the class we will enroll your child. We recommend pre-enrollment to avoid disappointment.

If you have other questions, please contact the swim lesson director at: rioswimlessons@gmail.com.

PLEASE READ

Ripples Refund Policy

Refunds for classes or lessons will be given ONLY if a written medical excuse is presented to our Aquatics Director within TWO weeks after the last day of the session for which the refund is requested. Please make sure you are certain you will be able to attend a full session before you pay your child's registration.



The Rio del Oro Sports Club
presents

Rio Ripples Swim School

Begins April 5, 2021

Swim Lesson Director, Hannah Sears
rioswimlessons@gmail.com
916-944-9675



RIO DEL ORO
SPORTS CLUB

The Rio del Oro swim lesson program is designed to provide a positive learning experience for all levels of swimmers from a toddler taking lessons for the first time to a competitive swimmer seeking to perfect a stroke. Our program is all about providing an environment that all children can enjoy the pool and make swimming a life long love.

It is our mission to make sure that your child has everything that he or she needs in order to learn to swim. Children are allowed and encouraged to set goals, work hard, improve, build self esteem, and increase their self confidence. By signing your child up for lessons, you are giving them the opportunity to experience all this.

Our swim lesson director this year is Hannah Sears. She began swimming at a very young age and joined the Rio Del Oro Rapids at age 13 after moving to Sacramento in 2014. She swam for the team until she graduated in 2019. Hannah joined the Rapids coaching staff in 2016 and is entering her 6th summer working at Rio del Oro Sports Club.

The love she has for children has pushed her to pursue pediatric occupational therapy at Sacramento City College and is also a main reason why she has continued to be a part of our aquatics program. Hannah is excited to take on the role of our Ripples coordinator this year and create a structured program that will develop your little ones into strong and skilled swimmers.

Session Dates - Proration Available

Evening lessons offered April 6 – June 11

Morning and evening lessons starting June 14

Session 1: April 5 – April 29 (4 weeks)

Session 2: May 3 – May 27 (4 weeks)

Session 3: June 1 – June 25 (4 weeks)

Session 4: June 5 - July 30 (4 weeks)

Session 5: Aug 2 - Aug 27 (4 weeks)

Spring Offerings

Evening 25-Minute Lessons

All sessions offered daily Monday – Thursday

5:00 pm - 7:00 pm

Summer Offerings

Evening 25-Minute Lesson

All sessions offered daily Monday – Thursday

5:00 PM - 7:00 PM

Morning 25-Minute Lesson

(Morning Sessions begin June 15)

All sessions offered daily Monday – Thursday

10:00 am - 12:00 pm

Maximum class ratio: 5 students per instructor

Monthly Tuition

Private Lesson (Monday thru Thursday):

Single Lessons are \$30 Each

Lesson Packages:

\$120/month for 1 lesson per week per month

\$240/month for 2 lessons per week per month

\$350/month for 3 lessons per week per month

\$450/month for 4 lessons per week per month

Please see the reverse side of this brochure for an in-depth list of the lesson options.



Level 1: Goldfish

This class is for young toddlers who cannot swim at all. Children will learn how to put their face in the water, blow bubbles, kick with and without support, float with and without assistance, and other skills that will begin to teach your child water safety.



Level 2: Otters

For young children who are comfortable with water, this class introduces the concept of swimming. Skills covered include gliding, back floating without support, kicking, using arms in a front and back crawl, and submerging one's self underwater.



Level 3: Sea Lions

This class emphasizes side breathing, freestyle, backstroke, and sitting and kneeling dives. At the end of a two-week session, the goal of this class is for your child to swim one length in a 25 yd. pool.



Level 4: Dolphins

This class is for those children who can swim multiple strokes of freestyle and backstroke and are ready to learn more difficult skills such as breaststroke, treading water, swimming multiple laps, elementary backstroke, sidestroke, and diving (standing and blocks).



Parent/Tot: Summer Only: Starting

June 14th our parent/tot class is a water-readiness class that aids parents in the proper handling and development of their child's water skills. This class will teach parents how to be comfortable in the water with their toddler while having fun, plus teach skills that could save a child's life.

