

# Learn to Swim

THE SALVATION ARMY KROC CENTER - SAN DIEGO

Register Today!

Spaces fill up fast!



## Winter Session 1

**CLASS OFFERINGS: 1/5/26 - 2/14/26**

**REGISTRATION IS OPEN NOW!!!**

## Winter Session 2

**CLASS OFFERINGS: 2/17/26 - 3/28/26**

**REGISTRATION OPENS:**

Sunday, February 1 for members

Monday, February 2 for non-members

## Spring Session 1

**CLASS OFFERINGS: 4/6/26 - 5/16/26**

**REGISTRATION OPENS:**

Sunday, March 15 for members

Monday, March 16 for non-members

## Summer Session 1

**REGISTRATION OPENS:**

Sunday, May 17 for members

Monday, May 18 for non-members

## PRICING 6 WEEK SESSIONS

Group Weekday Lessons 12 lessons

Weekday Privates/  
Saturday Lessons 6 lessons

### Parent & Child

Weekday Non-Member \$220 Member \$198

Saturday Non-Member \$143 Member \$129

### Pre K Level 1,2,3 Youth 1,2,3

Weekday Non-Member \$262 Member \$236

Saturday Non-Member \$143 Member \$129

### Youth Level 4

Weekday Non-Member \$320 Member \$288

Saturday Non-Member \$159 Member \$143

### Youth Level 5

Weekday Non-Member \$371 Member \$334

Saturday Non-Member \$184 Member \$166

### Teen

Non-Member \$290 Member \$261

### Adult Beginner

Non-member \$159 Member \$143

### Adult Intermediate

Non-member \$184 Member \$166

## LEARN TO SWIM

### PARENT SUPERVISED SWIM SKILL PRACTICE

*Parent supervised swim skill practice in the recreational pool ONLY.*

This is not open swim but an option to give participants extra time in the pool to practice swimming technique and skills. Parents must be in the water within arms distance of all children 11 years of age and under, regardless of if the child is water safe. If both children are NOT WATER SAFE, 1 child must be in a life jacket OR children taking turns being in the water with the parent. Every individual entering the pool must have their name on the roster and enrolled in the current swim lesson session.

**FREE WHEN ENROLLED IN  
LEARN TO SWIM OFFERINGS**

## PRIVATE SWIM LESSONS

(Monday - Saturday): ages 3+

### SESSIONS ONCE A WEEK

All private swim lessons are 6 weeks

### Private Lessons

\$234 members, \$260 nonmembers

### Semi Private:

+ \$95 for each additional person

Please first purchase a private swim lesson on Kroc Community and then email [Kroc.learntoswim.sd@usw.salvationarmy.org](mailto:Kroc.learntoswim.sd@usw.salvationarmy.org) to add the second student.



Cancellation/Refund Policies



# Learn to Swim

## SWIM LEVELS AT THE KROC CENTER

### **PARENT & CHILD: AGES 6 MONTHS - 3 YRS**

A swim class for infants and toddlers designed to introduce children to swimming and focus on water comfort and basic skills such as water entry, blowing bubbles, kicking, floating, and underwater exploration. Children must wear swim diapers/plastic pants to enter the pool and at least one parent per child must be in the water at each lesson. Perfect for infants 6 months – 3 year old, and a wonderful way for both parents and their children to have fun in the water while learning new skills!

#### **PARENT & CHILD FLOAT AND PLAY**

This playful introductory class helps young swimmers (6 months–3 years) and their parents explore the water together in a safe, supportive environment. Float and Play focuses on bonding, comfort, and early skill development. Parents will learn how to support their child through gentle games and activities that build trust and confidence.

#### **PARENT & CHILD BEYOND THE BASICS**

For swimmers ready to grow their skills, this class bridges the gap between supported exploration and independent readiness. Beyond the Basics helps children (1 years–3 years) practice buoyancy, balance, and early independence in the water. Parents gradually shift from hands-on support to encouraging safe exploration, as children learn skills such as short underwater glides, assisted jumps, independent bubble blowing, and kicking short distances. With a focus on confidence, safety, and fun, this class prepares swimmers for transition into independent swim lessons while parents celebrate their child's progress every step of the way.

### **PRE-K: AGES 3 - 5 YRS**

#### **PRE-K LEVEL 1**

A group swim lesson perfect for children with little to no water experience and designed to help children gain confidence by learning basic water and survival skills such as blowing bubbles, putting their face in the water, gliding, floating, and kicking.

**PRE-REQUISITES:** None. This level is intended for children 3 – 5 years old who are not yet comfortable putting their face in the water or floating on their back and stomach independently.

#### **PRE-K LEVEL 2**

A group swim lesson designed for children who are comfortable putting their faces in the water, bobbing, and gliding. The goal of this class is to teach students how to self-rescue and make forward progression in the water independently by learning swim-float-swim and elementary backstroke.

**PRE-REQUISITES:** Children enrolling in this level must be comfortable putting their face under water, floating on their back and stomach independently, and gliding. This class is perfect for children who are NOT yet comfortable swimming freestyle, doing back glides, and jumping in the pool and swimming back to the wall.

#### **PRE-K LEVEL 3**

A group swim lesson designed for students who are able to swim independently up to at least ten feet and are extremely comfortable in the water. This level will teach them freestyle side-breathing and backstroke along with a basic introduction into breaststroke.

**PRE-REQUISITES:** Children enrolling must be able to self-rescue and be comfortable putting their face under water, floating on their back and stomach independently, jumping in the pool, swimming back to the wall, and swimming basic freestyle and elementary backstroke independently. Children enrolling in this level are NOT yet able to swim freestyle with side breathing and are not yet familiar with swimming backstroke and breaststroke.

### **YOUTH: AGES 6 - 12 YRS**

#### **YOUTH LEVEL 1**

A group swim lesson perfect for children with little to no water experience and designed to help children gain confidence by learning basic water and survival skills such as blowing bubbles, putting their face in the water, gliding, floating, and kicking.

**PRE-REQUISITES:** None. This level is intended for children 6 – 14 years old who are not yet comfortable putting their face in the water or floating on their back and stomach independently.

#### **YOUTH LEVEL 2**

A group swim lesson designed for children who are comfortable putting their faces in the water, bobbing, and gliding. The goal of this class is to teach students how to make forward progression with freestyle independently for at least 10 feet. Students will be introduced to freestyle side-breathing and backstroke glides with kicks.

**PRE-REQUISITES:** Children enrolling in this level must be able to self-rescue and be comfortable putting their face under water, floating on their back and stomach, and gliding independently. This class is perfect for children who are NOT yet comfortable swimming freestyle, doing back glides, and jumping in the pool and swimming back to the wall.

#### **YOUTH LEVEL 3**

A group swim lesson designed to teach students how to swim up to 25 yards with proper freestyle and backstroke technique fully independently and consistently. Students in this level will receive an introduction into breaststroke and increase their endurance in order to be ready to begin swimming in the Competition Pool in Youth Level 4!

**PRE-REQUISITES:** Children enrolling in this level must be water safe and able to swim freestyle with rudimentary side breathing and swim backstroke glides with kicks fully independently up to at least 10 feet. Children in this level are NOT yet familiar with breaststroke kicks and are working on their endurance.

#### **YOUTH LEVEL 4**

A 45 minute group swim lesson that takes place in the Competition Pool and is designed for students who are building their stamina and ready to learn breaststroke fully with an introduction to butterfly, dives, and underwater streamlines. This class is perfect for advanced students who have mastered freestyle and backstroke and are comfortable swimming in water up to 13 feet deep and doing multiple laps at a time.

**PRE-REQUISITES:** Children enrolling must be fully able to swim freestyle with side breathing and backstroke independently for 25 yards consecutively and treading water. In addition, program participants must be comfortable swimming in the thirteen-foot deep competition pool.

#### **YOUTH LEVEL 5**

An hour-long group swim lesson designed to provide students an introduction into competitive swimming, perfect for children who are ready to learn butterfly and refine the remaining competitive strokes. Additionally, students will build their endurance, learn flip turns and competitive dives.

**PRE-REQUISITES:** Children enrolling must be comfortable swimming freestyle, backstroke, and breaststroke independently for 50 yards and perform butterfly kick for 25 yards. Students must be able to tread water vertically for at least one minute.

### **TEEN: AGES 13-17**

These small group teen lessons provide focused, personalized instruction in the shallow recreation pool. Instructors adapt lessons to each swimmer's individual goals, whether building water confidence, developing foundational skills, or refining stroke techniques over short distances. The small group setting (1:6 ratio) fosters personal attention, steady progress, and a supportive learning environment. Lessons are 45 minutes.

### **ADULT: AGES 18+**

#### **ADULT BEGINNER SWIM LESSONS**

The Adult Beginner class provides adults of all backgrounds to learn the fundamentals of swimming. With no pre-requisites necessary, this class ensures accessibility for anyone interested in building a strong foundation in swimming. Participants receive individualized attention from the instructor while also benefiting from the dynamics of a group setting. The main focus will be Water Comfortability and stroke introduction

#### **ADULT INTERMEDIATE SWIM LESSONS**

The Adult Intermediate class focuses on individualized instruction while benefiting from the group dynamic. The emphasis will be on stroke refinement, breathing coordination, stamina building, and introducing more advanced swimming strokes. With a ratio of 1 instructor to 6 participants, classes provide a supportive and personalized learning environment starting in the recreational pool with the goal to end up in the competition pool.



[www.sd.kroccenter.org/aquatics](http://www.sd.kroccenter.org/aquatics) | 619.269.1507

[kroc.learnertoswim.sd@usw.salvationarmy.org](mailto:kroc.learnertoswim.sd@usw.salvationarmy.org)