

Learn to Swim

THE SALVATION ARMY KROC CENTER - SAN DIEGO

Register Today!

Spaces fill up fast!



SEPTEMBER 2025 CLASS OFFERINGS

(9/2/25 - 9/27/25)

Evening Lessons 5:00-7:30 p.m.

Tuesday PRIVATES: 09/02/2025 – 09/23/2025

Wednesday PRIVATES: 09/03/2025 – 09/24/2025

Thursday PRIVATES: 09/04/2025 – 09/25/2025

Friday PRIVATES: 09/05/2025 – 09/26/2025

Tuesday- Friday Competition & Therapy Pool

Privates ONLY 4:00-5:00 pm - Inquire @Kroc Swim Lessons

Tuesday/Thursday Group Lessons: 09/02/2025 - 09/25/2025

Wednesday/Friday Group Lessons: 09/03/2025 - 09/26/2025

Saturday Group Lessons & PRIVATES: 09/06/2025 – 09/27/2025

SEPTEMBER 2025 REGISTRATION DATES

On sale for members: Sunday, August 17th

On sale for non-members: Monday, August 18th

OCTOBER 2025 CLASS OFFERINGS

10/7/25 - 11/1/25 *Pro Rate W/F NO Halloween 10/31/2025

Evening Lessons 5:00-7:00 p.m.

Tuesday PRIVATES: 10/07/2025 – 10/28/2025

Wednesday PRIVATES: 10/08/2025 – 10/29/2025

Thursday PRIVATES: 10/09/2025 – 10/30/2025

Friday PRIVATES: 10/10/2025 – 10/24/2025

Tuesday- Friday Competition & Therapy Pool

Privates ONLY 4:00-5:00 pm - Inquire @Kroc Swim Lessons

Tuesday/Thursday Group Lessons: 10/07/2025 - 10/30/2025

Wednesday/Friday Group Lessons: 10/08/2025 - 10/29/2025

Saturday Group Lessons & PRIVATES: 10/11/2025 – 11/01/2025

OCTOBER 2025 REGISTRATION DATES

On sale for members: Sunday, September 14th

On sale for non-members: Monday, September 15th

NOVEMBER 2025 CLASS OFFERINGS

11/4/25 - 11/22/25 *Three Week Lesson Session for Thanksgiving

Evening Lessons 5:00-7:00 p.m.

Tuesday PRIVATES: 11/04/2025 – 11/18/2025

Wednesday PRIVATES: 11/05/2025 – 11/19/2025

Thursday PRIVATES: 11/06/2025 – 11/20/2025

Friday PRIVATES: 11/07/2025 – 11/21/2025

Tuesday- Friday Competition & Therapy Pool

Privates ONLY 4:00-5:00 pm - Inquire @Kroc Swim Lessons

Tuesday/Thursday Group Lessons: 11/04/2025 - 11/20/2025

Wednesday/Friday Group Lessons: 11/05/2025 - 11/21/2025

Saturday Group Lessons & PRIVATES: 11/08/2025 – 11/22/2025

NOVEMBER 2025 REGISTRATION DATES

On sale for members: Sunday, October 19th

On sale for non-members: Monday, October 20th

Standard Four-Week Group Swim Session Pricing

Full Session on Weekdays (8 classes):

- Parent & Child: \$145
- PreK & Youth Levels 1 – 3: \$175
- Youth Level 4: \$210
- Youth Level 5: \$210

Full Session on Saturdays (4 classes):

- Parent & Child: \$85
- PreK & Youth Levels 1 – 3: \$95
- Youth Level 4: \$105
- Youth Level 5: \$244

PRORATED Three-Week Group Swim Session Pricing

Prorated on Weekdays (6 classes):

- Parent & Child: \$108.75
- PreK & Youth Levels 1 - 3: \$131.25
- Youth Level 4: \$157.50

Prorated on Saturdays (3 classes):

- Parent & Child: \$63.75
- PreK & Youth Levels 1-3: \$71.25
- Youth Level 4: \$78.75
- Youth Level 5: \$91.50

Private Swim Lessons

- Regular full session (4 classes): \$215
- Prorated session (3 classes) : \$153

Semi-Private Swim Lessons

Participants must be the same age and ability level

1. First, purchase a private swim lesson through Kroc Sales
2. Next, email kroc.learntoswim.sd@usw.salvationarmy.org to add a second student

Fee for additional student:

Full Session (4 classes): \$75 |

Pro-Rated Session (3 classes): \$56

Cancellation/Refund Policies



Please be advised that all classes and class schedules are subject to change, due to instructor availability and low student enrollment.



www.sd.kroccenter.org/aquatics | 619.269.1507

kroc.learntoswim.sd@usw.salvationarmy.org



RAY & JOAN

KROC CENTER
SAN DIEGO, CA

Learn to Swim

SWIM LEVELS AT THE KROC CENTER

Each Class Level 1 - 3 = 25 minutes | Levels 4 and 5 are longer

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!

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 - 15 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-feet 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.

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

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.

August - November 2025

Access: Sunday 10:30 – 11:45 a.m. | Monday Evenings 6:30-8:00 p.m.

PRIVATE SWIM LESSONS

(Tuesday - Saturday): ages 3+

SESSIONS ONCE A WEEK

All private swim lessons are 4 classes

Private Lessons: \$215

Semi-Private: \$205 + \$75 for each additional person

Advanced and Beginner Pool Specific Private Lessons:

Tuesday - Friday: 4:00 – 5:00 p.m.

Saturday: 9:00 a.m. - 12:15 p.m.

Please first purchase a private swim lesson on KrocSales and then reach out to the Aquatics Team to request to add the second student.

