

2011 SUMMER AQUATICS PROGRAM AT FOOTHILL HIGH SCHOOL

#	COURSE NAME	COURSE DESCRIPTION	FEE
A1	Parent & Child	This is a parent involved class, with the parent getting in the pool with the child. Ages can be 5 years and below, but this class is designed for infants and small children who are not ready to join a beginner or tiny tot class. An instructor will work with each parent/child pair to learn the skills, demonstrate, and help the parent learn the support and teaching skills. (Waterproof pants should be worn over diapers.) Classes consist of nine 25-minute lessons offered weekdays, 9 AM – 2 PM, for two-week sessions.	\$70 per session
A2	Tiny Tots	This class is one on one for children ages 5 years and below. This class is mostly water adjustment, with the child learning how to become comfortable in the water. The instructor will work on breathing, blowing bubbles, floating, kicking, arm stroke, and submerging. They will also play games. Classes consist of nine 25-minute lessons offered weekdays, 9 AM – 2 PM, for a two-week session.	\$120 per session
A3	Semi-Private	This class is two on one, and is designed according to the skill level and comfort level of the pupils. Classes (individual lessons) consist of nine 25-minute lessons offered weekdays, 9 AM – 2 PM, for a two-week session.	\$180 per session
A4	Beginner	Basic beginner swimming. The child should be able to float. Students will work on front crawl, backstroke, breathing skills, and jumping into deep water. Classes consist of nine 25-minute lessons offered weekdays, 9 AM – 2 PM, for a two-week session.	\$60 per session
A5	Advanced Beginner	Students should have successfully completed the Beginner course and/or be able to swim one width of the pool (25 yards) without difficulty. The class will focus on refinement of breathing skills, endurance, stroke development, diving, elementary backstroke, and personal safety. Classes consist of nine 25-minute lessons offered weekdays, 9 AM – 2 PM, for a two-week session.	\$60 per session
A6	Intermediate	Students should have successfully completed the Advanced Beginner course and/or be able to dive, breathe properly, perform backstroke and front crawl, and elementary backstroke. Students will refine earlier skills, build endurance, and learn sidestroke, breaststroke, turns, underwater swimming and more diving. They will also work on safety. Classes consist of nine 50-minute lessons offered weekdays, 9 AM – 2 PM, for a two-week session.	\$80 per session
A7	Advanced Swimming/ Junior Lifesaving	Students should have successfully completed the Intermediate course and/or be able to perform most of the swimming strokes. They will learn butterfly stroke. They will work on building endurance through the continuing practice of all strokes including butterfly. More advanced dives and basic rescue techniques and CPR will be covered as well. Classes consist of nine 50-minute lessons offered weekdays, 9 AM – 2 PM, for a two-week session.	\$80 per session
A8	Private Lessons	Classes consist of nine 25-minute one-on-one individualized lessons offered weekdays, 9 AM – 2 PM, for a two-week session. No Age Restriction – Adults Included	\$120 per session
A9	Recreational Swim – Individual Pass	Pools are open for recreational swimming daily (excluding weekends) 2 PM – 3 PM after swim lessons.	\$30 per session
A10	Recreational Swim – Family Pass	Pools are open for recreational swimming daily (excluding weekends) 2 PM – 3 PM after swim lessons.	\$60 per session

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A11	Recreational Swim – Daily	Pools are open for recreational swimming daily (excluding weekends) 2 PM – 3 PM after swim lessons.	\$2.00 per day
A12	Lap Swim – Individual Pass	Pools are open for lap swimming daily (excluding weekends) 8:00 AM – 9 AM & 2 PM – 3 PM. (\$2.00 per day)	\$15 per session

Session 1 – June 20 through June 30 • **Session 2** – July 5 through July 15 • **Session 3** – July 18 through July 28

Times: 9:00 AM • 9:30 AM • 10:00 AM • 10:30 AM • 11:00 AM • 11:30 AM • 12:00 PM • 12:30 PM • 1:00 PM • 1:30 PM

Registration Information: (714) 730-7301 ext. 201 or www.tustin.k12.ca.us – Click on the “**Summer Sports**” icon

Youth Programs offered at Foothill High School

#	COURSE NAME	COURSE DESCRIPTION	(SESSION) DATES	DAYS/ TIME/PLACE	FEE	CONTACT INFO
FY1	Girls Youth Basketball Camp	5 th – 8 th grade Girls will work on fundamentals and play competitive games.	1-June 20 – June 23 2-June 27 – June 30 3-July 5 – July 8 4-July 11 – July 14 5-July 18 – July 21	M – TH 12:30 PM – 2:00 PM FHS Gym	1 session = \$60 2 sessions = \$100 3 sessions = \$135 4 sessions = \$165 5 sessions = \$185	Vince Namba (714) 730-7464 x120 vnamba@tustin.k12.ca.us
FY2	Boys & Girls Tennis Camp	K - 8 th grade We will have drills, games, contests and prizes everyday! Players will be grouped by age and/or skill level. Players should bring a raquet, tennis shoes and a water bottle. Each family is asked to bring one can of new tennis balls on the first day.	1-July 18 – July 22 2-July 25 – July 29 3-Aug 1 – Aug 5* 4-Aug 9 – Aug 12** 5-Aug 15 – Aug 19*	M – F 9:30 AM – 11:30 AM* 9:30 AM - 12:00 Noon** 3:30 PM – 5:30 PM C.T. Tennis Courts	\$55 per session \$100 for two sessions	Mary Barsaleau (714) 730-7348 (949) 939-4888 mbarsaleau@tustin.k12.ca.us

► **Mail-in Registration:** Visit our website @ www.tustin.k12.ca.us and click on the “**Summer Sports**” icon.

► **Walk-in Registration:** Saturday, May 21 & June 4, 9 AM – 12 Noon in front of the **administration building at Foothill**. Beginning June 20, signups for all sport programs will continue at the pool deck or with individual coaches at Foothill weekdays from 9 AM – 2 PM.