

# Kona Kai Summer Swim Lesson Program 2009



**Kona Kai Swim & Racquet Club**  
680 Hubbard Avenue  
Santa Clara, CA 95051  
(408) 984-8880

The Kona Kai Swim School is a progressive swim lesson program for beginners through competitive swimmers. It is a pre-competitive swim lesson program introducing new swimmers to the basic elements of competitive swimming, including stroke instruction, turns, and starts. Within each session, swimmers will be designated into lesson/class groups according to age, skill, and ability level. New swimmers will be water evaluated for proper group designation on the first day of instruction.

**\*Please use the following swim student skill level descriptions to determine lesson placement.**

Swim lessons will begin in June with Coach Jim Malley. See flyer below.

## New Swimmer (NEW)

Ages 3 & Up

(3-5 per class)

This level is the introduction to swim pool environment and to develop a basis for safety and swimming skills. Skills taught include: full face-in the water, full head submersion, bobbing/rhythmic breathing, supported kicking on front and back, supported front and back floating, kicking, and arm action.

## Beginning (BEG)

Ages 3 & Up

(3-5 per class)

This level reinforces the new swimmer skills. Skills taught include: rhythmic breathing, face and head submersion, floating and kicking on front and back, front and back streamlined body position glides without and with kicking, dog paddle, technical skill elements of freestyle and backstroke.

## Intermediate (INT)

Ages 4 & Up

(4-6 per class)

This level seeks to continue developing confidence and competency in safety and stroke skills. Skills include: deep water bobbing, treading water, introduction to breaststroke, and open turns.

## Advanced (ADV)

Ages 6 & Up

(6-8 per class)

This level further continues to develop the technical skills of freestyle, backstroke, and breaststroke for proficiency and efficiency of stroke mechanics. Skills include: the introduction of butterfly stroke, open and flip turns, and race starts.

## Summer Two-Week Sessions - Monday through Friday (10 swim lessons)

### Session 1

June 15-June 26

### Session 2

June 29-July 10 (except Friday, July 3<sup>rd</sup>)

- This is a nine lesson swim session

### Session 3

July 13-July 24

### Session 4

July 27-August 7

## Swim Lesson Schedule

Session 1  
(June 15-June 26)

Session 2  
(June 29-July 10)  
\* 9 lessons

Session 3  
(July 13-July 24)

Session 4  
(July 27-August 7)

\*Lesson time priority will be given for designated ability groups; other ability groups can be scheduled if instructor & space available

9:00- 9:30    **Advanced**  
9:30-10:00   **Advanced**  
10:00-10:30   **Intermediate**  
10:30-11:00   **Intermediate**  
11:00-11:30   **New & Beg.**  
11:30-12:00   **New & Beg.**  
12:00-12:30   **New & Beg./Private/Semi-Private**  
12:30-1:00    **New & Beg./Private/Semi-Private**

## Swim Lesson Information

### Group Swim Lesson:

- ↑ 10 group swim lessons (M-F) (3-5 or 4-6 swim students per group)
- ↑ 30 minutes per lesson

### Fees:

Member - \$ 65.00  
Non-Member - \$ 80.00

\*Exception: Session 2 due to the Friday, July 3<sup>rd</sup> (9 lessons)

Member - \$ 58.50  
Non-Member - \$ 72.00

### Semi-Private Swim Lessons:

- ↑ 1 semi-private swim lesson (2 swim students per group)
- ↑ 30 minutes per lesson

### Fees:

Member - \$ 15.00  
Non-Member - \$ 17.50

### **Private Swim Lessons:**

- ↑ 1 private swim lesson (1 swim student)
- ↑ 30 minutes per lesson
- ↑ Arranged with swim instructor

### **Fees:**

Member - \$ 20.00  
Non-Member - \$ 22.50

### **Stroke Technique Lesson:**

- ↑ 1 stroke technique lesson
- ↑ 30 minutes per lesson
- ↑ Arranged with swim coach

### **Fees:**

Member - \$ 25.00  
Non-Member - \$ 27.50

### **Swim School Operating Days/Hours:**

- ↑ Monday through Friday, 9:00 A.M. to 1:00 P.M.

### **Swim Lesson Attire & Information:**

- ↑ Swim suit, goggles (if desired), swim caps (girls), towel, and sandals
- ↑ No artificial floating devices will be used for swimmer support
- ↑ **Suggestion** Please don't have swim student eat within one (1) hour before their scheduled swim lesson

### **Registration:**

- ↑ **Refunds** are allowed up to the day before the first swim lesson for each session.
- ↑ **Make-ups** are allowed at the discretion of the swim instructor.
- ↑ **Private** swim lessons (1 swimmer per lesson) can be arranged upon availability of a lesson time and swim instructor
- ↑ **Semi-private** swim lessons (2 swimmers per lesson) can be arranged upon availability of a lesson time and swim instructor.
  - \*Lesson fee for members is \$15.00 per swimmer per lesson (lesson number and days to be arranged)
  - \*Lesson fee for non-members is \$17.50 per swimmer per lesson (lesson number and days to be arranged)
- ↑ **Payment: please write checks payable to: "Jim Malley"**

### **Director of Swim School/Head Swim Instructor: Mr. Jim Malley**

He currently owns and coaches his own USA Swimming Team, Lynbrook Aquatics, which trains at the Lynbrook High School Olympic Pool. He has instructed swim students in swim lesson programs for over twenty years. As a Peace Corps Volunteer, he directed a "Learn to Swim Program" for the primary and secondary schools of Georgetown, Guyana, South America. He has directed swim schools in Tucson, Arizona (Tucson Racquet and Swim Club and the Old Pueblo Courthouse) and the summer swim lesson program for the South Valley YMCA in San Jose.

**Information/Questions/Registration:** Call Jim Malley at (408) 377-3020 or email:  
[lynbrookaquatics@yahoo.com](mailto:lynbrookaquatics@yahoo.com)