



## Camp Rinconada - Water Time at Rinconada

Palo Alto Swim & Sport is proud to offer water activities to ALL of our camps in one way or another. This email will go through a breakdown of what each Camp will offer and what your child can expect with water time at Rinconada Pool this summer!

---

### Camp Water Activities

#### Camp Rinconada Swim

After their daily, 30-minute swim lesson and field games, campers will enjoy 1 hour of Open Swim in the Play Pool!

Open Swim is for campers to enjoy swimming outside of the instructional environment. Campers will splash and swim with their new friends and play fun water games led by our amazing counselors! Open Swim is a great way to build water confidence and improve swim skills while having a blast.

#### Camp Rinconada Junior

After their daily, 30-minute swim lesson and field games, campers will enjoy 1 hour of Open Swim in the Play Pool!

The Play Pool will allow our younger campers to practice their swim skills in safe, shallow water as well as provide a fun place for water toys and games. Open Swim is a time for campers to enjoy swimming outside of the instructional environment. Campers will splash and swim with their new friends and play fun water games led by our amazing counselors! Open Swim is a great way to build water confidence and improve swim skills while having a blast.

#### Mavericks Swim Camp

Campers will get a glimpse into the inner workings of the Mavericks Summer Swim Team at Burgess Pool. Our experienced swim team coaches will provide a daily 60-minute in-water practice that will focus on improving stroke development and increasing endurance. Starting with the basics and moving through to more advanced skills, practice times will provide an introduction to a swim team atmosphere

Mavericks campers will also enjoy 1 hour of Open Swim! This is the perfect opportunity for campers to spend time with their friends outside of the learning environment. They will participate in various water games and relays and have the opportunity to go head-to-head with our Junior Lifeguard campers!

## Junior Lifeguard Challenge

Throughout the week, our Junior Lifeguard campers will learn basic and essential lifeguard skills both on land and in the water. Such skills include proper water entry and a number of different water rescues.

Campers will have a chance to practice their skills with games and relays throughout the week during Open Swim! All of these activities will lead to a final opportunity at the end of the week to show off all they've learned. Campers also have the chance to join Open Swim each day, where they can cool down and socialize with their friends!

---

## Camp Swim Lessons

Camp Rinconada & Camp Rinconada JR

Campers will be scheduled into levels by our Swim School staff based on the questionnaire form provided during registration. On the first day of camp, our Instructors will assess each student throughout the lesson to ensure students are at the appropriate level based on their current abilities. Swim lessons are 30-minutes each day and are taught by our Palo Alto Swim and Sport Swim Instructors. With repetitive practice, students will build the skills needed to pass Levels, aiming to become safe and confident swimmers. By the end of each week, students will have had a total of 2.5 hours of water instruction and 5 hours of water play. With consistency in instruction and water exposure over a 5-day camp, students and parents will notice significant improvement and skill development in a short period of time!

---

### Level 1: Big Kids (Beginners 5 years old+)

This beginner class continues teaching fundamental swim skills learned in Level 1: Little Kids in addition to learning streamline glides and how to take independent breaths.

#### Skills:

Face underwater  
Front float  
Back float  
Streamline glide  
Front kicks in a streamline position  
Back kicks  
Rollover breathing  
Water Safety: Fall recovery, lesson safety, following rules around water

Goal: Independent swimming with rollover breathing.

### Level 2

\*Must be able to do all Level 1: Big Kids skills independently to enter this level.

#### Skills:

Pop-up breathing  
Freestyle with rollover breathing  
Freestyle with side-breathing  
Backstroke  
Water Safety: Fall recovery, treading water, lesson safety, following rules around water

Goal: Independent Freestyle with side-breathing and Backstroke for 12.5 yards in deep water.

---

### Level 3

\*Must be able to do all Level 2 skills independently to enter this level.

**Skills:**

Freestyle with side-breathing for 25 yards  
Backstroke for 25 yards  
Introductory Breaststroke kicks for 25 yards  
Water Safety: Treading water, lesson safety, following rules around water

**Goal:** Freestyle, Backstroke, and Breaststroke kicks for 25 yards.

### Level 4

\*Must be able to do all Level 3 skills independently to enter this level.

**Skills:**

Freestyle with side-breathing for 50 yards  
Backstroke for 50 yards  
Breaststroke for 25-50 yards  
Dolphin kicks or Butterfly for 25-50 yards  
Water Safety: Treading water, lesson safety, following rules around water

**Goal:** Freestyle, Backstroke, Breaststroke, and Butterfly or Dolphin Kicks for 50 yards.

---

## Evaluation Cards

To help keep you informed on your child's progress, Swim Instructors will fill out evaluation cards at the end of each week. On each Friday, campers will get to take home their evaluation card at pick-up!

---

## Our Summer Camp Goal

Our goal is to provide enriching experiences for our campers to develop friendships, self-confidence, and water safety! On dry-land, campers will gain social skills through fun group work activities, whereas camp swim lessons will encourage water confidence and enhance swimming skills quickly through the camp's daily swim schedule.