

# UNIVERSITY OF SAN DIEGO Campus Recreation

## Summer Programs for Youth and Adults



**Summer  
fun  
for  
the  
entire  
family!**



Get ready for summer fun at USD!

Sign up for one of our programs for children or adults.

To register, receive more information or to see the complete schedule, please call our office or visit our website today!

### CAMPUS RECREATION

619-260-7751, [CAMPUSRECREATION@SANDIEGO.EDU](mailto:CAMPUSRECREATION@SANDIEGO.EDU)

[WWW.SANDIEGO.EDU/CAMPUSRECREATION/SUMMER-SWIM.PHP](http://WWW.SANDIEGO.EDU/CAMPUSRECREATION/SUMMER-SWIM.PHP)

*\*All listed programs do not include potential parking fees.*



# KIDS PROGRAMS



## ALL SPORTS CAMP

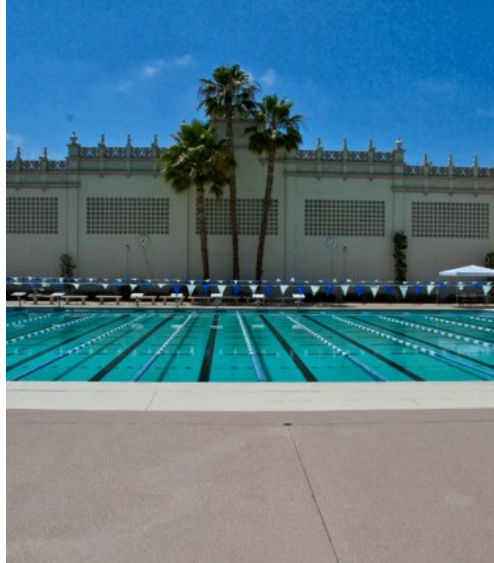
- Enjoy a full day or a half day All Sports Camp with USD Athletes as camp counselors
- This program is designed to get your child moving and focus on skill development and team work (and FUN of course!)



## SUMMER FUN POOL PASS

- Kids 11 and under = free with a paid adult
- Kids 12+ = \$5 a day, \$20 a week, \$40 a month or \$70 for the 8-week summer

All children under 18 years of age must be accompanied by a paid adult (ratio is 1 adult for every 5 minors).



## LEARN TO SWIM

- Designed for ages 3-11
- American Red Cross Learn To Swim certified instructors
- 30-minute sessions, M-Th for 2 weeks
- Group lessons and private lessons available
- Group lessons: \$80 per child per 2-week sessions
- Program will start 6/19/17



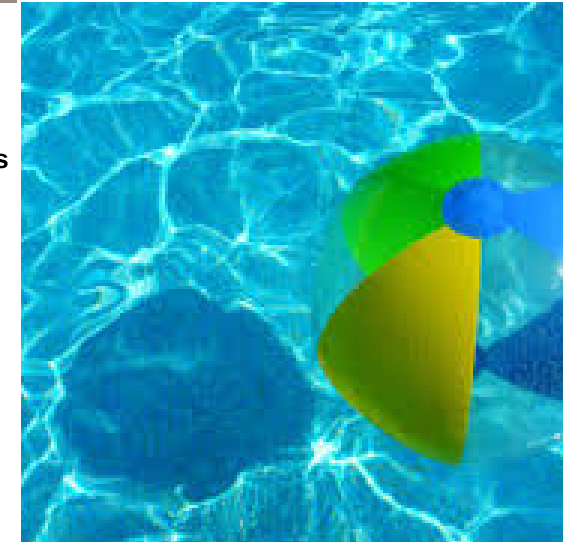
## PRE-SWIM TEAM TRAINING

- Designed for kids ages 11 and older who want the experience of a swim team with a specialized and experienced coach
- Learn stroke refinement, technique, team drills, pacing, endurance and competition skills
- 9-10am, Mon-Thurs for 2-weeks, \$175 per child
- Offered varied sessions only



## POOL PARTIES

- What you get: Lifeguard, access to a propane BBQ, pool toys, assigned lounge chairs and tables with umbrellas
- Parties will not get the entire pool to themselves- they will be sharing the pool & deck space with other patrons
- Fees are based on a per hour scale and on the number in your group
- Party rentals are available on Fridays through Sundays only



# YOUTH SWIM LESSON SCHEDULE

## USD CAMPUS RECREATION, SUMMER 2017



**Register today!**  
**Space is limited!**

Private, semi-private or small private group	Pre-K 1	Pre-K 2	Pre-K 2/3 combo	LTS 1	LTS 2	LTS 3	LTS 4	LTS 5/6 combo	Pre-Team Swim Training
11:30am, 12:15pm, 1pm, 1:45pm, 5:30pm, 6:15pm	2:30pm, 4pm	4:45pm	3:15pm	3:15pm, 4pm	2:30pm, 3:15pm, 4:45pm	2:30pm, 4pm, 4:45pm	3:15pm, 4:45pm	4pm	*9-10am

**Session dates:**

- **June 19 - 29**
- **July 3 - 13**
- **July 17 - 27**
- **July 31 - Aug 10**

Join the University of San Diego for a wet and wild summer filled with fun! We offer an established youth Learn to Swim Program for kids ages 3 and older. Lessons range from our Pre-K program (designed for kids 3-4 years old) to the Learn to Swim (LTS) program (designed for kids 5-12 years old). Even if this is your child's first lesson, we specialize in promoting water safety and skill development in a fun and interactive way. Our goal is to build trust and have your child leave our program with a big smile, wanting to come back the next day.

Our lessons are Monday - Thursday for two weeks, 30-mins each class (\*Pre-Swim Team is 60-mins each class).

Fees vary based on type of lessons. Please visit our website for a complete list of program descriptions and fees.

For more information, to review class descriptions or to make a reservation, please visit our website or give us a call today.

**Early bird registration discount: \$5 off any session one swim class valid now through 5/14/17.**

(619) 260-7751, [sandiego.edu/campusrecreation/summer-swim.php](http://sandiego.edu/campusrecreation/summer-swim.php)





# ALL SPORTS YOUTH CAMP



Looking for a great location for your children to have fun, be active, learn and improve their athletic skills this summer? Come join us in a positive, caring and fun environment where kids will learn from USD athletes: Soccer, Basketball, Tball/Softball, Volleyball, Tennis, Swimming, Capture the Flag, Frisbee Golf, Yoga and more! USD's All-Sports Camp provides kids with a unique opportunity to experience a wide array of recreational activities while learning sportsmanship, teamwork and a better understanding of each sport.

\*This program is open to kids **ages 6-12** years old

\*Full day is 9am to 5pm | Half day is 9am to Noon or 1pm to 5pm

Cost:

\$395 Full Day | \$290 Half Day

For more information and to register:

[www.usdcamps.com/Sports/All-Sports\\_Camp.htm](http://www.usdcamps.com/Sports/All-Sports_Camp.htm)

sportscamps@sandiego.edu | (619) 260-2999

## Camp dates:

1. June 19 - 23
2. June 26-30
3. July 24-28
4. August 7-11



**Fun**

**Skill**

**Sportsmanship**

**Teamwork**

**INFORMAL USE**



## TENNIS

- Work on your own tennis skills and have fun in the sun on one of our four outdoor courts.
- Please bring your own racquet and balls
- \$5/day, \$20/week, \$40/month or \$70/8-week summer



## POOL PASS

Relax and sunbathe or swim laps with a summer Pool Pass!

- 12 lap lanes and over 50 lounge chairs
- Includes access to the open use BBQ as well as table stand umbrellas
- Outdoor pool is heated to 79 degrees
- \$5/day, \$20/week, \$40/month or \$70/8-week summer



## FITNESS

Get your workout on this summer with an access pass to the Mission Fitness Center Gym

- Includes: cardio machines, circuit training & strength training machines, free weights, and large mat areas
- \$10 a day, \$25/week, \$60/month, \$100/2-months

## PICK-UP BASKETBALL

- Get a group or come solo during pick-up basketball times throughout the summer
- Facility includes two half-courts or four quarter-courts
- \$5/day, \$20/week, \$40/month or \$70/8-week summer (per person)



## SPORTS CENTER ALL ACCESS PASS

- Looking for more? Get an all recreation access pass to use the Spots Center (pool, basketball and tennis)
- \$50/month or \$80/8-week summer
- *\*Does not include use of the Fitness Center*





# ADULT PROGRAMS



## PERSONAL TRAINING

- Nationally credentialed Personal Trainers
- Individualized training program aligned with client goals
- Personal guidance for general exercise and nutritional needs
- Access to exclusive training tools
  - 6-pack: \$280
  - 12-pack: \$455
  - 24-pack: \$720



## USD FIT GROUPEX

Get inspired this summer with USDFIT GroupEx. Professionally certified instructors lead a variety of group fitness classes.

- Full Summer Membership includes access to all weekly classes for one flat rate.
- \$8/day, \$15/week, \$30/month, \$50 summer
- *\*Pass does not include access to the fitness gym for informal use*



## FITNESS TEST

- Test your resting heart rate, blood pressure, weight, height, BMI, body fat percentage, max oxygen output under cardiovascular pressure (VO2), bicep strength, flexibility and more.
- Administered by a trained fitness technician
- Receive an e-copy of results
  - \$25 per test

## ONE DAY TOURNAMENTS

Join us for some competitive fun this summer. One-day tourneys will be offered in sports such as:

- 3x3 Basketball
- 6x6 Inner-Tube Water Polo
- 3x3 Water Basketball
- 6x6 Co-Ed or 7x7 Men's Flag Football
- \$50 per team per event
- Prizes awarded to top placing team per tournament



## MASTER'S SWIM

- Designed for intermediate to advanced swimmers
- Workouts range from 1500-3000 yards but can also be individually tailored with the help of an experienced swim coach
- Program is 6/19/17 – 8/11/17; Monday through Thursday from 5:30-6:30PM
  - \$20/week, \$50/month or \$80 for the entire summer program

