



Dublin – WINTER 2018

January 7th – March 24th 11 Weeks

Schedule & Tuition

Day	Lesson Hrs.	PB-GLD	SPR-ADT
Sun, Tues, Wed, Thurs, Fri & Sat. 11 Classes	Weekdays 3:30pm – 9:00pm Saturday & Sunday 9:00am – 5:00pm	\$226	\$248
Monday 10 Classes	3:30pm – 9:00pm	\$206	\$226
5x30 min. Private Lessons	Sunday 1:00pm – 5:00pm	1:1 \$300	1:2 \$400

IMPORTANT DATES

January 7 th	Start of Winter Session
March 4 th - March 10 th	Pre-Test Week
March 11 th - March 17 th	TEST WEEK
Monday February 19 th	President's Day: CLOSED
March 24 th	Last Day of Session

OFFICE HOURS

Monday – Friday: 9:00am – 8:00pm
 Saturday and Sunday: 9:00am – 5:00pm

PRIORITY REGISTRATION START DATE

Current Students who wish to KEEP their schedule: **Nov. 12th**
 Current Students who wish to CHANGE their schedule: **Nov. 19th**
 Open to ALL Swimmers: **Nov. 26th**

General Questions: dublin-info@calphin.com

6175 Dublin Blvd. Dublin, CA 94568
 (925) 248-2989

Thank you for your business and support!



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CALPHIN LEVELS (Advanced levels to basic levels)

Big Pool

 **Master Level:** Ratio = 1:14 Class Time: 1 hr.

Swim 4 strokes with decent techniques. The goal is to be able to swim 1700+ yds sets within 1-hr training, to learn basic racing tactics, to improve swimming speed with more advanced swimming skill on start, turns, finish and races, and to reach B+ times. Graduate shall be able to swim in local swim competition. **400 IM < 9:00**
MST III: (50yd) FR < 4:25; BK < 4:45; BR < 4:55; Fly < 4:65
MST II: (50yd) FR < 4:45; BK < 4:65; BR < 5:25; Fly < 4:95
MST I: (50yd) FR < 4:65; BK < 4:95; BR < 5:55; Fly < 5:25

 **Challenger Level:** Ratio = 1:14 Class Time: 1 hr.

Swim 4 strokes with decent techniques. The goal is to be able to swim 1500+ yds sets within 1-hr training, to learn basic racing tactics, improve swimming speed with advanced swimming skill on start, turns, finish and races, and to reach B+ times (Pacific swimming Age Group Time Standard). **400 FR < 9:00**

CHL III:(50yd) FR < 4:95; BK < 5:25; BR < 1:00; Fly < 5:55

CHL II:(50yd) FR < 5:25; BK < 5:55; BR < 1:05; Fly < 1:00

CHL I:(50yd) FR < 5:55; BK < 1:00; BR < 1:10; Fly < 1:05

 **Racer Level:** Ratio = 1:12 Class Time: 1 hr.

Swim 200 yd sets respectively with three strokes with decent butterfly. We enhance all four strokes plus basic competitive skills and strength. Graduate shall be able to swim over 400 yards with decent freestyle & swim 50yd **time/speed for all 4 strokes. 300FR<9:00**

RCR III: (50yd) FR < 1:00; BK < 1:05; BR < 1:15; Fly < 1:15

RCR II: (50yd) FR < 1:05; BK < 1:10; BR < 1:20; Fly < 1:30

RCR I: (50yd) FR < 1:10; BK < 1:20; BR < 1:30; Fly < 1:40;

 **Sprinter Level:** Ratio = 1:10 Class Time: 1 hr.

The prerequisite is capability to swim 100 yds with two strokes plus good breaststroke. We will introduce swim time and swim speed while improving swimmers' three strokes and plus basic **butterfly** skills. Graduates shall be able to swim over 300+ yards in freestyle non-stop with decent side breathing.

SPR III: (50yd) FR < 1:20; BK < 1:30; BR < 1:40; > 50yd Fair Fly

SPR II: (50yd) FR < 1:30; BK < 1:40; BR < 1:50; > 25yd Dolphin Kicks

SPR I:(50yd) FR<1:40; BK<1:50; BR: 50yd; Great BR kick **100FR<4:30**

 **Glider Level:** Ratio = 1:8 Class Time: 45min

The prerequisite is capable of swimming 20 yards in freestyle nonstop. This class will improve the swimmers' breath control, freestyle, backstroke, and **breaststroke**. Graduates shall be able to swim over 150+ yd in freestyle non-stop. Swimmers will be able to swim and learn basic survival skills in a deep competitive training pool with a normal lane length of 25yd and around 80F. Instructor will teach in water to improve their strokes and kicks.

GLD III: FR > 50yd, BK > 50yd, BR > 25yd decent BR kicks & BK finish

GLD II: FR > 25yd, BK > 25yd, decent FR catch-up & backstroke.

GLD I: FR > 20yd, BK > 20yd, decent FR catch-up & side breath.

Small Pool


 **Crawler Level:** Ratio = 1:6 Class Time: 45min

The prerequisite is capable of swimming five yards or more. The main goal is to teach them to swim **basic freestyle** over 20 yards, perform decent backstroke kicks and gain more confidence in water. Swimmers will learn pushing off **on front and back**, gliding with streamline, freestyle with decent side breathing and basic backstroke swim. Instructor will teach in water. Entry criteria:

CRL III: Swim 15yd FR, and 15yd BK non-stop.

CRL II: Swim 10yd nonstop FR, 10yd BK kick/arms down.

CRL I: Swim/kick/float 5yd no-help, 10yd FR kick/w board push off.

 **Bubbler Level:** Ratio = 1:4 Class Time: 30 min.

First time swimmers of 4+ years old who will not cry in water. Our goal is to help them float, blow bubbles, build up confidence in the water and float and swim up to 5 yards. Swimmers play in the water while working on fundamental skills like bubbling in water, floating on front & back, & kick with board & pushing off wall on their own.

BUB III: Dare to push off and swim out 3- 4 yards without help.

BUB II: Dare to push off the wall, swim/float/kick 2 yards no-help.

BUB I: 4+yrs and will not cry stepping into water.

CALPHIN LEVELS (Advanced levels to basic levels)

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