

Dear Coaches.

We are back this year with the City of San Ramon and will start the swim lessons on Thursday, March 25th.

We will also have openings for our year-round programs currently running at DVAC, and from May 1st will move some at SROP.

**Spring, Summer & Fall lessons hours(start 03/25 -end, 09/26):**

- Weekdays from 3:40pm-6:30pm.
- Saturdays from 9:00-11:50am,
- Sundays from 9:30am-12:20pm.

Lessons will start for now at SROP weekdays afternoon and weekends mornings. If we reach 75% registrations, I will open up for the summertime(06/07-08/06) mornings at SROP & DVAC and afternoon at DVAC.

I will have an answer by May on how it goes and will contact the ones interested in joining us this summer.

**Important info for this season:**

- 1) At SROP pool, we will use all eight lanes so no other program or participants will be there.
- 2) We will start only with two groups per time slot in the whole pool, and if later will see we have registrations, we will add only one more group or private. The total number per time slot will be a minimum of 9-10 up to 14 swimmers in the 8x25y pool.
- 3) Pre-elit, Elit 1, 2, parent an&d tots will start with three swimmers per group and later on will see if it works to add one more swimmer.
- 4) Elit 3, 101, 102, Adults will start with one swimmer per lane and up to 6 swimmers per group.
- 5) Pre Elit changes a form, and it is now learning how to swim and will be up to 4 swimmers in the group. For the crying young swimmers will have a different group to follow offered directly from the City
- 6) Face masks, face mask inserts, and comfortable face shields will be provided when coaching from inside the water. Hand sanitizers on the check-in table, and the manager will sanitize any areas that need attention.
- 7) We have informed all participants that we ask for only one parent to come on the deck, so we don't have too many people going around.
- 8) A diagram with instructions will be posted on the website for participants' movement on deck, and I have also set up stations as to where they can sit or wait for their swimmers to finish their lesson.
- 9) Overall, for all programs that we will train in the water, coaches will have the minimum contact with participants to align their body or catch if they don't feel safe on the surface. We will do many wall exercises/games etc.

Since June 2020, we are working private lessons with our year-round programs safely and with no issues.

Unfortunately, this year, I won't have many employment openings to offer as I want to have a lot of space in between and create a safe environment for all, but it will be a fun and productive summer.

Please send me the scheduling form completed if you are interested in joining us this season.

Feel free to email me or call me at (925) 818 7130 with any questions that you might have.

I am looking forward to working with you again.

Sincerely  
Paschalis