



ADULT GROUP SWIM LESSONS

Bulldog Aquatics is proud to offer adult swim lessons to swimmers of all ages and abilities. Our instructors provide a comfortable atmosphere so you can achieve your goals, whether it is learning how to swim, improving your breathing techniques or preparing for a competition.

Fearless Swimming

This class is designed to help those who are learning to swim, or are uncomfortable in the water. We will progress at each individual's own pace in a supportive environment so as to experience one of the most relaxing, body-friendly types of exercise. We will help you have fun in the water by using rings, barbells, water polo balls, flippers and foam workout noodles. If you can have fun in the water, you're one step closer to being a confident swimmer.

Where: Instructional Pool

Minimum students: 2

Maximum Students: 4

When: Saturdays 8:15am – 9:00am OR Tuesdays 11:45am-12:30pm

Swimming with Ease

This class is designed for those who are comfortable underwater but need help swimming laps. We will develop technique and gracefulness. Freestyle will be the main focus with a lot of concentration on proper breathing. Additionally, you'll be introduced to the other variety of swim strokes such as breaststroke, backstroke, elementary backstroke and side stroke.

Where: Instructional Pool

Minimum students: 2

Maximum Students: 8

When: Thursdays 11:30am-12:30pm OR Sundays 8:00am-9:00am

Swimming for Fitness

This class is intended to prepare you for Masters or general lap swimming. This class will focus on building your endurance through freestyle training. We will also practice the fundamentals of the other strokes- backstroke, breaststroke, and butterfly. We will also work on flip turns and treading water.

Where: Olympic Pool

Minimum students: 2

Maximum Students: 8

When: Sundays 9:00am-10:00am OR Tuesdays 12:30pm-1:30pm

COMFORT, CONFIDENCE AND CONTROL IN THE POOL



PRIVATE SWIM LESSONS

We want our members to have the best. Our Aquatics Center is fantastic and so is our staff. The San Mateo Athletic Club's swim instructors cater to swimmers of every level and every age. Whether you are a novice or an expert we have the perfect instructor for you.

Everyone on our Aquatics team is certified by the American Red Cross and extensively trained on the most cutting edge techniques used by top athletes. The introduction of these valuable techniques will give you an advantage in ability and confidence. We require a 24-hour notice to reschedule or cancel all private or semi-private appointments. For 60 minute lessons just double the price!

PRIVATE LESSONS:

| Session Type | Package Price | Guests |
|----------------------------------|---------------|--------------|
| Single Session Individual 30 min | \$40 members | \$45 guests |
| 5 Pack Individual 30 min | \$185 members | \$210 guests |
| 10 Pack Individual 30 min | \$350 members | \$400 guests |

SEMI-PRIVATE LESSONS (PER PERSON):

| Session Type | Package Price | Guests |
|---------------------------|---------------|--------------|
| Single Session Duo 30 min | \$30 members | \$35 guests |
| 5 Pack Duo 30 min | \$135 members | \$160 guests |
| 10 Pack Duo 30 min | \$250 members | \$300 guests |

STROKE TECHNICIAN

Swim like a pro with our one-on-one lessons specializing in stroke refinement. These lessons are taught exclusively by our expert Head Coaching Staff: Mandy McDougal, Jeannette Albrecht, Katie Elgaaen, Tom Reudy or Jane Martin.

| Session Type | Package Price | Guests |
|------------------------------------|--------------------------|------------------|
| Single Session Individual 50 min | \$100 members | \$120 guests |
| 5 Pack Individual 50 min | \$470 members | \$530 guests |
| 10 Pack Individual 50 min | \$900 members | \$1020 guests |
| 5 Pack Semi Private Lessons 50 Min | \$300 per person members | \$350 per person |

COMFORT, CONFIDENCE AND CONTROL IN THE POOL

San Mateo Athletic Club

Registration Form for Adult Aquatics Programs

Please submit this form to the San Mateo Athletic Club's courtesy desk, fax: (650)378-7374 or scan to smac.aquatics@smccd.edu

| | | | |
|-------------------|--------------|-------------------|-----------------|
| Participant's | Full Name | Age | Member of SMAC? |
| Address | City | Zip Code | |
| Home Phone # | Work Phone # | E-Mail | |
| Emergency Contact | Relationship | Emergency Phone # | |

Private Lessons (please fill out information below)

| | |
|---------------------------------|--|
| Preferred Schedule (days/times) | Instructor Preference (male/female, name of instructor etc.) |
|---------------------------------|--|

Group Classes (please check the ones you want to sign up for)

- Fearless Swimming Saturdays 8:15am – 9:00am
- Fearless Swimming Tuesdays 11:45am – 12:30pm
- Swimming with Ease Thursdays 11:30am – 12:30pm
- Swimming with Ease Sundays 8:00am – 9:00am
- Swimming for Fitness Sundays 9:00am – 10:00am
- Swimming for Fitness Tuesdays 12:30pm – 1:30pm

Sessions (please check the ones you want to sign up for)

| | Dates: | # of Weeks | SMAC Member Fees | Non Member Fees |
|--------------------------|-----------------------|------------|------------------|-----------------|
| <input type="checkbox"/> | January 14 – March 24 | (10 weeks) | \$ 225 | \$ 275 |
| <input type="checkbox"/> | March 25 – June 2 | (10 weeks) | \$ 225 | \$ 275 |
| <input type="checkbox"/> | June 3 – August 11 | (10 weeks) | \$ 225 | \$ 275 |

COMFORT, CONFIDENCE AND CONTROL IN THE POOL

SAN MATEO ATHLETIC CLUB AQUATICS PROGRAM WAIVER



Please read and sign the release below

I, _____, on behalf of myself, _____, have voluntarily requested to participate in swim lessons offered by the San Mateo Athletic Club. I am aware that attending or participating in these activities involves risk of injury to person and property. I voluntarily accept and assume all risk from attending and participating in these activities. In consideration of being permitted to participate in these activities, I agree, on behalf of myself, my heirs, personal representatives and assignees, not to make any claim against or sue the City of San Mateo, College of San Mateo, San Mateo Athletic Club or any of their employees, officers, directors, agents, contractors, members or board members (collectively referred to as the "RELEASED PARTIES") for any injury or damage to myself, anyone else, or any property arising from the negligence, or other acts, however caused, of any of the Released Parties. In addition, I release and discharge the Released Parties from any and all actions, liabilities, losses, claims or demands that I, my respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to myself, anyone else, or property damage resulting from my attendance at or participation in swim lessons offered by the San Mateo Athletic Club. **I HAVE CAREFULLY READ THE LANGUAGE ABOVE. I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.**

Date: _____ **Name of Participant** _____

Signature _____

Mail:

San Mateo Athletic Club
c/o Aquatics, Building 5
1700 W. Hillsdale Blvd.
San Mateo, CA 94402

Email/website

smac.aquatics@smccd.edu

<http://www.smccd.edu/sanmateoathleticclub/aquatics>

Fax:

(650) 378-7374

COMFORT, CONFIDENCE AND CONTROL IN THE POOL