

Bulldog Aquatics

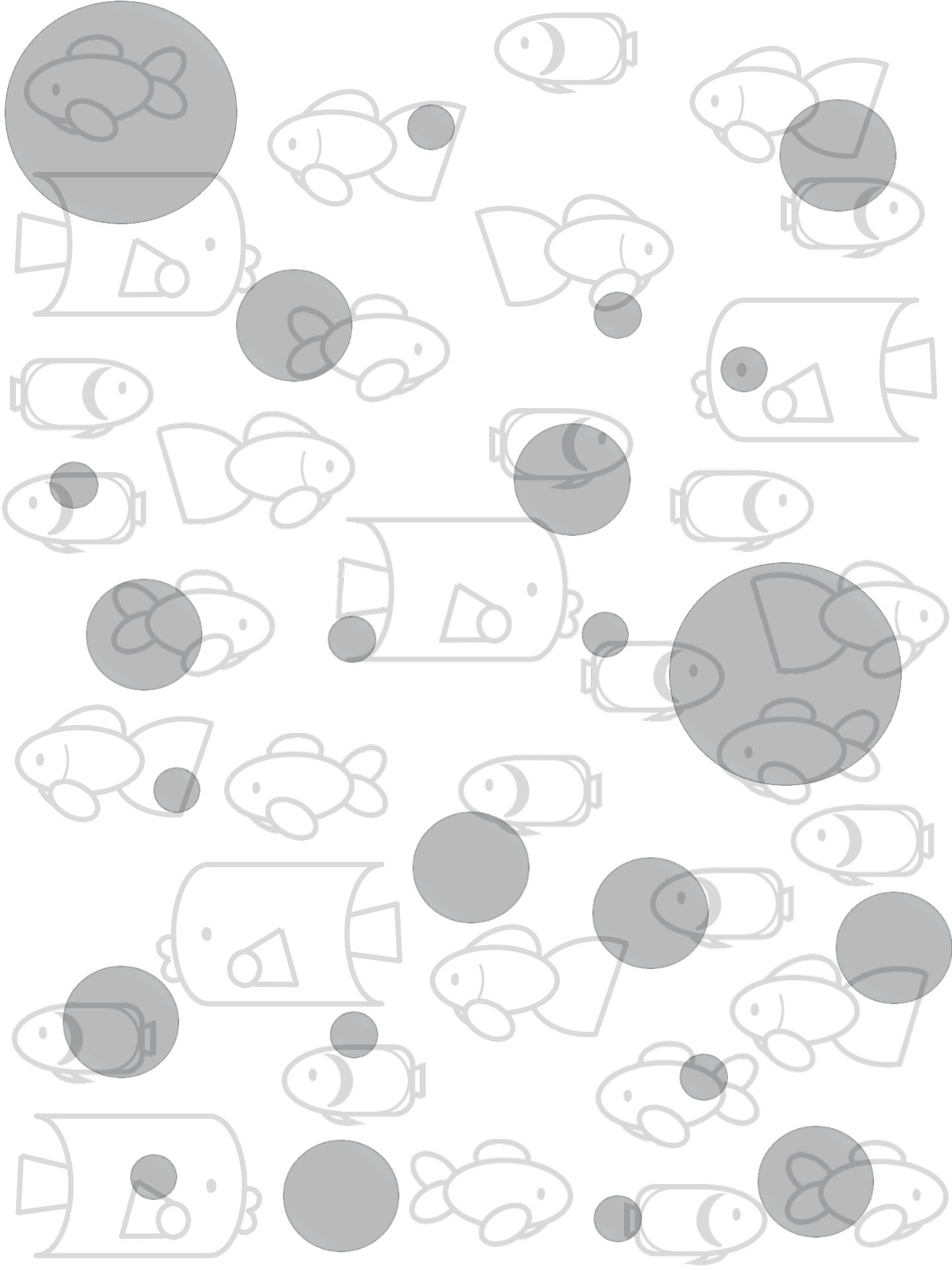
PRESENTS

Children's Swim Lessons

Fall • Winter • Spring

2017-2018





Bulldog Swim Lesson Policies

Payments: All payments must be made prior to the first lesson. Payments may be made by cash, check or credit card. We do not pro rate for missed lessons. **There are no refunds.**

Mid-Session: You are welcome to join our classes at any time. Mid-session class placement depends on availability. Registration is at a pro-rated fee with supervisor approval.

Scheduling: To schedule your lessons or programs, we require 24-hour advance notice. There are no “drop-in” lessons.

Group Lesson Make-Up: One make up lesson per session is allowed only provided that the Aquatics Coordinator is notified at least 24 hours prior to the scheduled lesson. We cannot guarantee the same instructor. Please contact the aquatics coordinator for the specific dates and times. There is no re-scheduling of make-ups.

Private Cancellations: To cancel a private lesson without charge, you must contact your instructor, and the Aquatics Coordinator, 24 hours before your scheduled lesson. If you fail to cancel at least 24 hours in advance, you will be charged for the full session. There will be no make up for privates if the lesson is a no show regardless of reason.

Semi-Privates: You must schedule your own swimmers for a semi-private lesson. We will not find a second swimmer for you. Semi-private lesson prices are per swimmer. To cancel a semi-private lesson, both parties of the group must cancel and let the Aquatics Coordinator know 24 hours in advance. If you fail to cancel at least 24 hours in advance, both parties will be charged for a full session. There will be no make ups for semi privates if one or both of the parties are a no show.

Deadline for Package Use: Private and Semi-Private Package sessions must be used within 3 months of the purchase date.

Tardiness: Please arrive on time for your lesson. Should you arrive late, you will be charged the full amount for the appointment even though you will not receive the full amount of time.

Holidays: There are no make-ups for holidays. Scheduled holidays are: Easter, Memorial Day, Independence Day, Halloween, and Labor Day.

Safety: For the safety of your child, no one is allowed in the pool before class begins without an instructor. When class is over, the swimmers must exit the pool. The instructors will need to start the next class and therefore cannot supervise them.

Child Supervision: All children must be under direct adult supervision at all times. We ask that you sign in your child before their scheduled lesson and then sign out again when you are picking them up.

Weather: We do not cancel any swim programs for weather with the exception of electrical storms.

Photography: Unless otherwise specified in writing by the parent or guardian, San Mateo Athletic Club has permission to photograph your child for future use without compensation.

SMAC Locker Rooms: Please take advantage of our family changing rooms and restroom located under the scoreboard. The SMAC locker rooms are for adult members of the athletic club only.

Bulldog Swim School Curriculum

Family Tot Classes (6 months – 3 years)

Parent & tot to teacher ratio is 8:1 - Class time is 25 minutes

This interactive class is designed for little ones to become comfortable in and around the water. Emphasis is placed on learning through fun. By using songs, games and colorful equipment we introduce: floating skills, breath control, gentle submersions, and survival skills

Preschool Classes (3- 5 years)

Student to Teacher ratio is 4:1 – Class time is 25 minutes. For Level 1 the Student to teacher ratio is 3:1

Level 1: This introductory class is for children who are new to swimming or nervous in the water. Our goal is to develop confidence, breath control and proper body position. Positive reinforcement is critical to help the child build trust and confidence. Graduates will be able to do 10 relaxed bobs, front float and kicks for 5 seconds, get in the ready position, jump to teacher from the wall and relax in an assisted back float.

Level 2: This class is for children who are comfortable in the pool and will go underwater willingly and happily. In this level the focus is on learning proper breathing techniques, improved floating skills, kicking strength and survival skills. Graduates will be able to do back float for 10 seconds, streamline with straight leg kicks, elementary backstroke, propulsive kicks on back, basic freestyle arms, rollovers and turnarounds.

Level 3: This level is for children who are able to swim independently and are ready to learn the basics of all 4 competitive strokes. In this advanced level, graduates will be able to swim freestyle with rollovers for 10 yards, side breathing and side kicking with assistance, backstroke, dolphin kicks, and breaststroke kicks.

Grade School Classes (5 – 9 years)

Student to Teacher ratio is 4:1 – Class time is 25 minutes

Stroke Development ratio is 6:1 – Class time is 55 minutes

Level 1: The focus of this level is to build confidence and learn basic water safety skills through fun and games. Graduates will be able to do streamline, front kicks and back kicks for 25 yards, jump in the water and recover safely, elementary backstroke, freestyle with rollovers, and swim underwater to pick up toys.

Level 2: This class focuses on introducing all four competitive strokes. Graduates will be able to start in ready position, swim 15 yards of freestyle with side breathing, 15 yards of backstroke, do a safe sit dive, and have a basic understanding of breaststroke and dolphin kicks.

Level 3: The goal of this class is to prepare swimmers for participation on our swim team. Graduates will be able to swim 25 yards of freestyle and back stroke with good rotation, be able to swim 15 yards of butterfly and breaststroke with proper technique, be comfortable in deep water and able to tread water.

Stroke Development: The goal of this class is to increase endurance, efficiency, and confidence in the water. Emphasis will be placed refining technique in all four competitive strokes, introduce racing turns, including flip turns, and pace clock usage. Graduates will be able to swim 50 yards of freestyle and backstroke, and 25 yards of butterfly and breaststroke.

Middle School Classes (9 – 14 years)

Student teacher ratio is 6:1 – class time is 55 minutes

Stroke School: The focus of this level is to build an environment for youth to practice swimming skills in a supportive, inspiring and non-competitive atmosphere while maintaining a healthy exercise routine. Prerequisites for this level are comfort underwater and a basic understanding of freestyle, backstroke and dolphin kick



Bulldog Swim School

Group Swim Lesson Request Form

Fall and Spring 2017-2018

Step 1:

Session dates (5 weeks):

- Fall Session I: August 28 – October 2, 2017 *no lessons on 9/4
- Fall Session II: October 3 – November 7, 2017 *no lessons on 10/31
- Spring Session I: April 2, 2018 – May 6, 2018
- Spring Session II: May 7, 2018 – June 10, 2018

Step 2:

Choose a lesson level & time

Complete descriptions of swim levels are on the previous page

ONCE A WEEK LESSONS:

Family Tot

- Sunday 10:00am

Preschool Level 1

- Monday 5:30pm
- Tuesday 3:30pm
- Thursday 3:30pm
- Saturday 10:30am
- Sunday 11:30am

Preschool Level 2

- Monday 3:30pm
- Tuesday 5:30pm
- Thursday 5:30pm
- Saturday 11:00am
- Sunday 10:30am
- Sunday 12:30pm

Preschool Level 3

- Monday 4:30pm
- Tuesday 4:30pm
- Wednesday 4:00pm
- Saturday 10:30am
- Sunday 10:00am

Grade School Level 1

- Monday 5:00pm
- Wednesday 4:30pm
- Thursday 4:30pm
- Saturday 11:30am
- Sunday 10:30am

Grade School Level 2

- Monday 3:30pm
- Monday 6:00pm
- Tuesday 5:00pm
- Wednesday 3:30pm
- Wednesday 5:00pm
- Thursday 5:00pm
- Saturday 11:00am
- Sunday 10:00am
- Sunday 12:00pm

Stroke School

- (1 HOUR)**
- Wednesday 5:00pm
 - Sunday 12:30pm

Grade School Level 3

- Monday 4:00pm
- Tuesday 4:00pm
- Tuesday 6:00pm
- Wednesday 5:30pm
- Thursday 4:00pm
- Thursday 6:00pm
- Saturday 11:30am
- Sunday 11:00am

Stroke Development **(1 HOUR)**

- Wednesday 6:00pm
- Saturday 12:30pm



Bulldog Swim School

Group Swim Lesson Request Form

Winter 2017 - 2018

Step 1:

Winter Session dates (5 weeks):

- Winter Session I: January 22, 2018 – February 25, 2018
- Winter Session II: February 26, 2018 – April 1, 2018

Step 2:

Choose a lesson level & time

Complete descriptions of swim levels are on the following page

ONCE A WEEK LESSONS:

Preschool Level 1

- Monday 5:30pm
- Thursday 3:30pm
- Saturday 10:30am
- Sunday 11:30am

Preschool Level 3

- Monday 4:30pm
- Tuesday 4:30pm
- Saturday 10:30am
- Sunday 10:00am

Grade School Level 2

- Monday 3:30pm
- Monday 6:00pm
- Tuesday 5:00pm
- Thursday 5:00pm
- Saturday 11:00am
- Sunday 10:00am

Stroke Development (1 HOUR)

- Wednesday 5:00pm
- Saturday 12:00pm

Preschool Level 2

- Monday 3:30pm
- Tuesday 5:30pm
- Thursday 5:30pm
- Saturday 11:00am
- Sunday 10:30am

Grade School Level 1

- Monday 5:00pm
- Thursday 4:30pm
- Saturday 11:30am
- Sunday 10:30am

Grade School Level 3

- Monday 4:00pm
- Tuesday 6:00pm
- Thursday 6:00pm
- Saturday 11:30am
- Sunday 11:00am

Stroke School (1 HOUR)

- Wednesday 4:00pm
- Sunday 12:00pm



San Mateo Athletic Club

YOUTH Aquatics

Program Waiver

2017 - 2018

Please read and sign the release below

I, _____, on behalf of myself and my child, _____, 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 and my child, our 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 my child, 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 child, our respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to my child, myself, anyone else, or property damage resulting from my, or my child's, attendance at or participation in swim lessons offered by the San Mateo Athletic Club.

I grant to San Mateo Athletic Club, its representatives and employees the right to take photographs of participants in connection with marketing materials. I authorize the San Mateo Athletic Club, it's assigns and transferees to copyright, use and publish the same in print and/or electronically. I grant San Mateo Athletic Club the unrestricted right and permission to copyright and use, re-use, publish and re-publish photographic portraits or pictures of participants. I hereby relinquish any right that I may have to examine or approve the completed product(s) or the advertising copy or printed matter that may be used in conjunction therewith or the use to which it may be applied. **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.**

MEDICAL QUESTIONNAIRE

Please list any physical disabilities, mental disabilities, allergies, illnesses, medications, or injuries we should know about.

Date: _____ Name of Participant _____

Parent's Signature _____