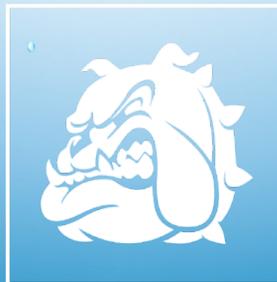


# Swim Lesson Program

Fall – Winter – Spring  
2018/19



**SAN MATEO**  
**ATHLETIC CLUB**  
— AT —  
COLLEGE OF SAN MATEO

# Welcome

***We are upgrading lives, one swimmer at a time.*** Whether you are new to the world of swimming or an experienced water enthusiast, we have an aquatics program that will work for you.

We offer year-round swim lessons for all ages and stages. Classes are available seven days a week, to both San Mateo Athletic Club members and non-members. Although we specialize in small group classes, we also offer semi-private and private lessons to meet your needs. Our comprehensive collection of programs will satisfy every level of swimmer

Our experienced instructors guide children and adults along the journey to feeling safe and comfortable in the water. We believe that learning to swim is not a luxury but a necessary and vital lifelong skill. For those who are further along in their aquatics journey and looking to refine skills or technique, our coaching staff will help you work on your movement in the water and help you reach your personal goals.

Group lessons are designed to be repeated if needed. Students will be graduated into the next level when they are able to achieve the skills necessary to be successful at that next level. It is always at the instructors' or aquatics' staff discretion to move a child up or down a group depending on evaluation of skills or ability to effectively stay with the group progression. Typically the first day of lessons will be used as an evaluation to insure proper placement.

We recommended that you register for multiple session blocks at a time. We offer a discounted rate for registering for up to 16 lessons at a time. Please note that registration is not complete until payment is made. Group lessons will be cancelled if there are less than 50% enrollment. Those registered in a group class that is not 50% enrolled will be moved to a different time

## Contact information:

Aquatics Desk Hours: Monday thru Friday: 11:30am-7:30pm &

Saturday & Sun: 9am - 3pm

Aquatics Desk Phone: 650-378-7383

Aquatics Desk Email: [SMAC.Aquatics@smccd.edu](mailto:SMAC.Aquatics@smccd.edu)

Aquatics Director: Yvonne Taylor / [TaylorY@smccd.edu](mailto:TaylorY@smccd.edu) / 630-378-7381

# Swim Lesson Guidelines

**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. A Credit towards future lessons or swim team may be given on a case by case basis after approval from the Aquatics Director. **There are no refunds.**

**Joining Mid-Session:** You are welcome to join our classes at any time. Mid-session class placement depends on availability and is not guaranteed. Late registration is at a prorated fee with the Aquatics Director approval. Fees are never more than 50% discounted regardless of when you join.

**Scheduling:** To schedule your lessons, we require 24-hour advance notice. There are no “drop-in” lessons. Early registration and multi-session registrations is strongly encouraged.

**Group Lesson Make-Up:** Make ups for group lessons only occur if the lesson is canceled by SMAC due to a weather or rental issue; or if the instructor is ill. All lesson participants will be notified of a cancellation and the make up date / time. Group lesson make up day will typically be on a Friday.

**Private Lesson 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 lesson. There will be no make up for private lessons if the participant is a no show, regardless of reason.

**Semi-Private Lessons:** You must schedule your own swimmers for a semi-private lesson. Swimmers must be of equal skill. To cancel a semi-private lesson, both parties of the group must cancel by alerting the Aquatics Coordinator 24 hours in advance. Failing to cancel at least 24 hours in advance, will result in both parties being charged for a full lesson. If only one participant shows, the lesson will be held, and the second participant will still be charged for the lesson with no makeup.

**Deadline for Lesson Use:** Packages for private & semi private lessons expire 90 days after purchase.

**Diapers:** Please note all children whom wear diapers must wear a swim diaper and a plastic pant.

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

**Holidays:** Group lessons are not scheduled on Holidays. (New Years Eve & Day, Easter, Memorial Day, Independence Day, Halloween, Labor Day, Christmas Eve and Christmas Day).

**Safety & Child Supervision:** 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. **NO EXCEPTIONS.** All children must be under direct adult supervision at all times. We ask that you sign your child in before their scheduled lesson and then sign them out when you leave.

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

**Changing & 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. Restrooms are available on the 2nd floor. **DECK CHANGING IS PROHIBITED.**

**Parent Viewing Guidelines for Swim Lessons:** We encourage parents to watch their children during swim lessons. However, we have found that when children are nervous it is better if the parent is out of the child’s sight. Our instructors are trained in how to deal with fearful and reluctant swimmers.

**Parent communication:** We encourage parents to communicate with our swim instructors. We value your feedback and realize you know your children better than anyone. However, during the lesson time please let our instructors focus on your swimmer. We are happy to talk with you right before or after the lesson for a brief conversation. If you need to have a longer conversation our Deck Supervisor is available to speak with you during the lesson or you can schedule a time to speak with your swim instructor at a mutually agreeable time.

## Curriculum

### Family Tot / Tiny Tots (ages 6 months - 3 years)

#### Family Tot is our Parent & Child Class for ages 6 months – 3 years

The student to teacher ratio is 10:1. Class length: 25 minutes

The Family Tot class is an interactive class designed for your children to gain confidence in and around the water. Emphasis is placed on learning through fun by using songs, games and colorful equipment. We introduce the following skills: floating, breathe control, gentle submersions, survival skills and learning tips. Parents are required to participate in the water with your child during the class; so come prepared to get wet and have fun.



#### Minnow: for ages 2-3 years

The student to teacher ratio is 4:1. Class length: 25 minutes

The Minnow level swim lesson is designed for kids who have taken our parent & child swim lessons and have the confidence to begin learning swimming on their own. This class will help your child transition to learning swimming skills such as floating unassisted, breath control, survival skills and self-confidence, as well as learning to sit on the wall or on a swim platform. They will also learn to follow instructions from a swim instructor without parents present. Children who participate in the Parent & Child class prior to enrolling in the Minnow class are normally much more comfortable in the water. Evaluations can be done for placement in the Minnow group.



### Preschool Classes (ages 3 - 5 years)

Student to Teacher ratio is 4:1 for Level 1 and 5:1 for Level 2 & 3

#### Class length: 25 minutes

**Tadpole (Level 1):** The Tadpole class is the first level in the preschool swim lesson program. It is an introductory class for children who are new to swimming or nervous in the water. Our goal is to develop confidence, breath control and proper body position with instructor assistance. Positive reinforcement is critical to help the child build trust and confidence. Graduates will be able to do 10 relaxed bobs, front float for 5 seconds, get in the ready position, jump to the teacher from the wall and relax in an assisted back float.



**Sea Turtle (Level 2):** This class is the second level in the preschool swim lesson program. It is for children who are comfortable in the pool and will go underwater without the assistance of an instructor. This level focuses on learning basic stroke technique, improving floating skills, kicking strength and survival skills. Graduates will be able to back float for 10 seconds, do proper kicking technique on their front and back, swim 5 yards front stroke unassisted to the wall and dive down to pick up a toy or object from the bottom of the pool.



**Seal (Level 3):** The Seal class is the third level in the preschool swim lesson program. It is for children who are able to swim independently and are ready to learn basics of all four competitive strokes. In this advanced level, graduates will be able to swim freestyler with rollovers for 15 yards, swim backstroke 15 yards, perform elementary backstroke, dolphin kick, breaststroke kick and safe sit dives.



## Youth School Classes (6 – 12 years)

Student to Teacher ratio is 6:1 for Levels 1, 2 & 3 and 8:1 for Stroke Development

Class length: 30 minutes

**Stingray (Level 1):** The Stingray class is the first level in the youth swim lesson program. It is for children to build confidence and learn basic water safety skills through fun and games. Graduates will be able to kick 25 yards on their front and back, jump in the water and recover safely, perform elementary backstroke, front crawl for 25 yards, tread water and swim underwater for 10 seconds of more.



**Otter (Level 2):** The Otter class is the second level in the youth swim lesson program. It introduces all four competitive strokes. Graduates will be able to swim 15 yards of freestyle with side breathing, backstroke, breaststroke kick and dolphin kick.



**Dolphin (Level 3):** The Dolphin class is the third level in the youth swim lesson program. The emphasis will be placed on refining technique in all 4 competitive strokes. Graduates will be able to swim 25 yards of freestyle and backstroke, know the dolphin and breaststroke kick, and be able to tread water for 2 minutes.



**Stroke Development:** The Stroke Development class is for students who have advanced through the swim lesson levels and are able to swim 25 yards of freestyle with side breathing. This level will refine stroke mechanics for all four competitive strokes. Endurance will be a key focus of this class. Students will also be taught about the competitive world of swimming; including competitive starts, turns and specific stroke techniques.

## Middle School Classes (9 – 14 years)

Student teacher ratio is 8:1

Class length: 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. This is perfect for older children who may not be as confident in their swimming skills and/or those who have a reluctant to participate on swim team. Prerequisites for this level are comfort underwater and a basic understanding of freestyle, backstroke and dolphin kick.

**Upon completion of any level, each swimmer will receive a written progress report from their instructor. Upon advancement into the next level, each swimmer will receive a graduation ribbon and a personalized certificate.**

# Fall - Winter - Spring 2018-2019

## Step 1: Pick your sessions / dates

Group Lessons are offered twice per week on M/W or T/Th. Once per week lessons are offered on Saturday or Sunday.

### Fall 2018 Options

- M/W Session I: September 5 - October 1
- M/W Session II: October 3 - 29
- M/W Session III: November 5 - November 28
- T/TH Session I: September 4 - 27
- T/TH Session II: October 2 - 25
- T/TH Session III : October 30 - November 27 \* No class on Nov. 22
- Saturdays Session I: Sept 1 - Oct 20
- Saturdays Session II: October 27 - December 22 \* No class on Nov. 24
- Sundays Session I: Sept 2 - Oct 21
- Sundays Session II: October 28 - December 16 \* No class on Nov. 25

### Winter 2018 Session I (Abbreviated session: 6 lessons, not 8 lessons)

- M/W Session I: Dec 3 - Dec 19
- T/TH Session I: Dec 4 - Dec 20

### Winter 2018 Session II

- M/W Session II: Jan 7 - Jan 30
- M/W Session II: Feb 4 - Feb 27
- Saturdays Session II: Jan 5 - Feb 23
- T/TH Session II: Jan 8 - Jan 31
- T/TH Session II: Feb 5 - Feb 28
- Sundays Session II: Jan 6 - Feb 24

### Spring 2019 Options

- M/W Session I: March 4 - March 27
- M/W Session II: April 1 - April 24
- M/W Session III: May 1 - May 29 \* No class on May 27
- T/TH Session I: March 5-March 28
- T/TH Session II: April 2 - April 25
- T/TH Session III : May 2 - May 28
- Saturdays Session I: March 2 - April 20
- Sundays Session I: March 3 - April 28 \* No class on April 21

# Spring into Summer 2019

Summer lessons change over to four days per week for two weeks

June 3 - 6 & June 10 -13 (Monday thru Thursday)

June 17 - 20 & June 24-27 (Monday thru Thursday)

Saturdays Session I: May 4 - June 22

Sundays Session I: May 5 - June 23

## Step 2: Choose a lesson level & time

*A Complete descriptions of swim levels are on pages 4 & 5*

### Family Tot/Parent & Child

Saturday 10am

Sunday 10am

Sunday 1:30pm

### Tiny Tot: Minnows

Saturday 10:30am

Sunday 9:30am

M/W 3:00pm

### Tiny Tot: Minnows

Saturday 2:30pm

Sunday 12:30pm

T/TH 3pm & 4:30pm

### P 1: Tadpoles

Saturday 10:30am

Sunday 11:30am

M/W 3:00pm

M/W 5:30pm

T/TH 3:30pm

### P 2: Sea Turtles

Saturday 11:00am

Sunday 10:30am

Sunday 12:30pm

M/W 3:30pm

T/TH 5:30pm

### P 3: Seals

Saturday 11:30am

Sunday 9:30am

M/W 4:30pm

T/TH 3:30pm

T/TH 2:30pm

### Youth Level 1: Stingrays

Saturday 11:30am

Sunday 10:30am

M/W 5:00pm

T/TH 4:30pm

### Youth Level 2: Otters Youth Level 3: Dolphins

Saturday 11:00am

Sunday 10:00am

Sunday 12:00pm

M/W 3:30pm

T/TH 4:00pm

Saturday 12:00pm

Sunday 11:00am

M/W 4:00pm

T/TH 5:00pm

### Stroke Development

Saturday 12:30pm

M/W 5:30pm

T/TH 6:00pm

### Stroke School

Sunday 2pm - 2:55pm

M/W 6pm - 6:55pm

T/TH 6:30pm - 7:25pm

# 2018/2019 Swim Lesson Registration Form

Please submit completed form to the Aquatics Desk or scan & Email:  
[SMAC.Aquatics@smccd.edu](mailto:SMAC.Aquatics@smccd.edu)

Participant's Full Name	Age	Date of Birth
Parent's Full Name	Yes No Member of SMAC	
Primary Phone #	Email	
Emergency Contact	Relationship	Phone #

## Group Swim Lessons Prices

### All Group Lessons

- 8 Lessons
- 16 Lessons

### SMAC Member

- \$144
- \$256

### Non-Member

- \$184
- \$336

### Stroke School

- 8 Lessons
- 16 Lessons

### SMAC Member

- \$288
- \$512

### Non-Member

- \$360
- \$656

## Private Swim Lessons Prices

### Private Lessons

- Single Lesson
- 8 Lessons
- 12 Lessons
- 16 Lessons

### SMAC Member

- \$48
- \$320
- \$456
- \$576

### Non-Member

- \$58
- \$400
- \$564
- \$720

## Semi - Private Swim Lessons Prices

### Semi-Private

- Single Lesson
- 8 Lessons
- 12 Lessons
- 16 Lessons

### SMAC Member

- \$37
- \$232
- \$324
- \$400

### Non-Member

- \$46
- \$304
- \$432
- \$544

San Mateo Athletic Club YOUTH Aquatics Program Waiver

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, EXOS, 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.

**PHOTO RELEASE**

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, its 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.

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Name of Participant:** \_\_\_\_\_ **D.O.B** \_\_\_\_\_

**Name of Parent:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

**MEDICAL QUESTIONNAIRE**

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

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## **Additional Aquatic Opportunities at San Mateo Athletic Club (SMAC)**

**Bulldog Aquatics** – offers a variety of programs for the development of swimmers and water polo players. Programs include pre-team, developmental programs and fun competition. Private instruction from a certified team coach is also available through Bulldog Aquatics.

**Bulldog Swim Club** - The Bulldog Swim Club (BSC) is a year-round, USA Swimming program, that offers both a developmental option and a competitive team option. The competitive groups participate in swim meets throughout the year in both short course and long course. Placement evaluations and tryouts are normally held during August and practices begin the Tuesday after Labor Day. Participation on the BSC requires a monthly financial commitment. For more information on registering, please contact the Aquatics Desk. For more information on team placement or coaching questions, please contact Coach Jim Stretch at: [StretchJ@smccd.edu](mailto:StretchJ@smccd.edu)

**Water Polo** - currently offered as a recreational program with beginner and advanced groups. Practices are conveniently offered after swim team so that your swimmer can participate in both programs.

**Masters swimming** - SMAC offers one of the best masters program in the area. With 25 coached practice options per week, adult swimmers 18 & over can find a work out time that fits a busy schedule.

**American Red Cross Safety Classes** - SMAC is proud to offer numerous Red Cross classes. Our certified staff are able to offer over 24 safety courses. We host and/or teach the following classes on a regular basis: Lifeguarding, Shallow Water Lifeguarding, Lifeguard Instructor, Water Safety for Swim Team Coaches, CPR/AED/First Aid for layperson and professional rescuers, Babysitting, Wilderness & Remote First Aid and Bloodborne Pathogens Training. Other classes are available upon request.

Our certified staff also participates as instructors for the Bay Area Pathways Academy (BAPA) held here on the College of San Mateo campus during the summer.

### **Interested in becoming a member of SMAC?**

You'll find a welcoming environment with quality programs and classes. Whether you prefer group exercise classes or one-on-one personal training with a certified instructor, San Mateo Athletic Club offers a wide range of ways to reduce stress, improve health and achieve your lifetime fitness goals. Our mission is to create a healthy environment that engages our members in the pursuit of health and physical fitness.

We place a priority on providing personalized service. Our team of degreed and certified fitness specialists and health educators will work with you to develop your fitness program.

Featuring:

- 23,000 square feet of fitness featuring state of the art equipment
- Personal Attention - Each membership includes two orientations with a Personal Trainer
- Fully appointed Locker Rooms
- 2 Heated Pools
- 50 meter Olympic pool (80°) and 25 yard instructional pool (88°)
- 4 Studios, 90+ Complimentary Classes per week including; yoga, Pilates, aqua fitness and cycling

Experience what San Mateo is talking about! Call to schedule a complimentary tour. 650.378.7373