

Water Polo Programs



2012-2013

**JOIN
TODAY**



**SAN MATEO
ATHLETIC CLUB
AQUATICS**

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Bulldog Water Polo Club



The Bulldog Water Polo Club is an introductory group that is designed to expose both boys & girls to the basics of water polo and friendly competition. All levels are welcome, no prior water polo experience is necessary. Swim development and fundamental water polo drills are the focus of every practice session.

Junior Water Polo is our entry level program for kids 6 – 9 years old and is taught in our shallow Instructional pool. Xtreme Swim combines swim technique, endurance and Junior lifeguard skills; a great compliment to water polo training.

2012 - 2013 SESSION DATES:

October 29 – December 22, 2012 (8 weeks)

January 3 – March 9, 2013 (10 weeks)

March 11 – May 25, 2013 (11 weeks)

May 28 – August 10, 2013 (11 weeks)

Practice Schedule

Groups:

Junior Water Polo

Water Polo

Xtreme Swim

Ages

6 -9 yrs

8 – 13yrs

8 – 13 yrs

Practice Times:

Saturdays Only 12:00pm – 1:00pm

Tuesday & Thursday 5:00 – 6:30pm

Tuesday - Friday 5:00 – 6:30pm



You can start anytime!



Samantha Fallon, Lifeguard Supervisor & Water Polo Coach: Samantha recently graduated with a Communication degree from the University of California, Santa Barbara. Although she played a number of sports in high school (water polo, soccer, softball, and swimming), she has always been drawn to water sports. She started playing water polo at the age of 13 with the College of San Mateo's coach, Randy Wright, and has been in love with the sport ever since. Samantha has been lifeguarding and teaching swim lessons for the past 7 years, and is now a certified Lifeguard Instructor with the American Red Cross.

BULLDOG AQUATICS AT THE SAN MATEO ATHLETIC CLUB

FALL 2012-2013 REGISTRATION FORM

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

Participant's Full Name Age Date of Birth

Parents' Full Name Member of SMAC?

Address City Zip Code

Home Phone # Work Phone # E-mail

Emergency Contact Relationship Emergency Phone #

Group Swim Lesson Fees

In addition: fill out a group lesson request form so that we know what days, times and levels you need.

	SMAC members:	Guests:
___ Once a Week (10 lessons)	\$160	\$200
___ Twice a Week (20 lessons)	\$360	\$400
___ Stroke Development (1 hour)	\$360	\$400

10 week session dates: January 14 – March 24, 2013 & March 25 – June 2, 2013

Private Swim Lesson Fees

	SMAC Members	Guests
___ Single Private Lesson (30 min)	\$40	\$55
___ 5 Private Lessons (30 min)	\$185	\$210
___ 10 Private Lessons (30 min)	\$350	\$400

Swim Team Fees

	SMAC members:	Guests:
___ Pre Team or Bronze	\$160 session	\$180 session
___ Silver	\$200 session	\$220 session
___ Gold I or Xtreme Swim	\$225 session	\$240 session
___ Gold II	\$275 session	\$290 session

These prices are based on the 8 week session in the winter of 2012. Prices will be adjusted in 2013 to reflect 10 week & 11 week sessions.

Water Polo Fees

	SMAC members:	Guests:
___ Water Polo	\$160 session	\$190 session
___ Xtreme Swim	\$225 session	\$240 session
___ Jr Water Polo	\$80 session	\$90 session

These prices are based on the 8 week session in the winter of 2012. Prices will be adjusted in 2013 to reflect 10 week & 11 week sessions.



SAN MATEO ATHLETIC CLUB KIDS 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 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, 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.**

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 _____