

Children's Swim Lessons



FALL 2013

**JOIN
TODAY**



**SAN MATEO
ATHLETIC CLUB
AQUATICS**

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BULLDOG SWIM SCHOOL GROUP SWIM LESSON REQUEST FORM

FALL 2013

Step 1:

Please choose session date:

Session date:

- September 3rd – November 11th

Step 2:

Choose a lesson level & time

Complete descriptions of swim levels are on the following page.

ONCE A WEEK LESSONS:

Family Tot

- Saturday 10:30am

Preschool Level 1

- Monday 5:00pm
 Saturday 10:00am
 Sunday 11:00am

Preschool Level 2

- Monday 4:00pm
 Wednesday 3:00pm
 Saturday 11:00am

Preschool Level 3

- Monday 4:00pm
 Wednesday 4:00pm
 Sunday 10am

ONCE A WEEK LESSONS:

Grade School Level 1

- Monday 3:30pm
 Wednesday 3:30pm
 Saturday 11:30am
 Sunday 10:30am

Grade School Level 2

- Monday 3:30pm
 Wednesday 4:30pm
 Sunday 11:30am

Grade School Level 3

- Monday 4:30pm
 Wednesday 4:30pm
 Saturday 12:00pm
 Sunday 11:00am

Stroke Development

- Wednesday 6pm
 Saturday 8:30am
 Sunday 8:30am

Intro to Water Polo

- Saturday 12pm
 Sunday 1:30pm

TWICE A WEEK LESSONS:

Preschool Level 1

- Tuesday/Thursday 4:30pm

Preschool Level 2

- Tuesday/Thursday 5:30pm

Preschool Level 3

- Tuesday/Thursday 3:00pm

Grade School Level 1

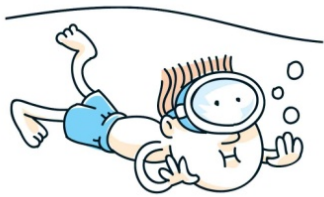
- Tuesday/Thursday 4:00pm
 Tuesday/Thursday 6:00pm

Grade School Level 2

- Tuesday/Thursday 3:30pm
 Tuesday/Thursday 5:30pm

Grade School Level 3

- Tuesday/Thursday 5:00pm



Swim Lessons Curriculum



Family Tot Classes (6 months – 2 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 water. Emphasis is placed on learning through fun. By using songs, games, and colorful equipment we introduce: floating skills, breath control, gentle submersion, and survival skills.

Preschool Classes (3 – 5 years)

Student teacher ratio is 4:1 – Class times are 25 minutes

Level 1: This introductory class is for children who are new to swimming or nervous about 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 floats for 5 seconds, get in the ready position, jump to teacher from the wall and relax on an assisted back float.

Level 2: This class is for children who are comfortable in the pool and will go under water 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 floats for 10 seconds, streamline with straight kicks, propulsive kicks on the back, 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 front crawl with rollovers for 10 yards, side swimming, elementary backstroke, dolphin kicks, breaststroke kicks, and safe dives.

Grade School Classes (5 – 9 years)



Student teacher ratio is 4:1 – class time is 25 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 small fast kick for 25 yards, jump in the water and recover safely, elementary backstroke, front crawl, and swim under water for 10 seconds or more.

Level 2: This class focuses on introducing all 4 competitive strokes. Graduates will be able to swim 25 yards freestyle with side breathing, backstroke, breaststroke and dolphin kicks.

Level 3: The goal of this class is to prepare swimmers for participation on our swim team. Emphasis will be placed on refining technique in all 4 competitive strokes, introducing flip turns, perfect racing dives, and pace clock usage. Graduates will be able to swim a continuous 100 IM.

Intro to Water Polo: This course is our entry level program for kid's ages 5 to 9 years old and is taught in our shallow instructional pool. This course will expose both boys and girls to the basics of water polo.

Tweens (8 – 12 years)

Student teacher ratio is 6:1 – class time is 25 minutes

Stroke Development: The focus of each class 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.

Bulldog Aquatics Policies

Payments: All payments must be made prior to the first lesson or practice. 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 based on your start date.

Child Supervision: All children must be under direct adult supervision at all times. We ask that you sign in your children under the age of ten before their scheduled class or practice and then sign out again when you are picking them up. Please be on time dropping off and picking up your child for their swim class.

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.

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.

Our Location: Since we are located on a college campus, we share our pools with the College of San Mateo water polo and swim teams. During these season, our swim programs may be rescheduled due to pool availability.

Holidays: There are no make-ups for holidays. Scheduled holidays are:

Policies Pertaining to Swim Lessons

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. Make-ups must be completed within the current session. There is no re-scheduling of make-ups.

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.

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.

Private Package Use: Your lesson package must be used within 3 months of the first lesson.

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.

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.

Bulldog Aquatics at the San Mateo Athletic Club

Fall 2013 Registration Form

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	Date of Birth Parents'	
		Yes	No
Full Name		Member of SMAC? Please Circle	
Address	City	Zip Code Home	
Primary Phone #	Secondary Phone #	E-Mail	
Emergency Contact	Relationship	Emergency Phone #	

Fall Group Swim Lesson Fees

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

	SMAC members:	Guests:
<input type="checkbox"/> Once a Week (10 lessons)	\$170	\$220
<input type="checkbox"/> Twice a Week (20 lessons)	\$340	\$440

10 week session date: September 3rd – November 11th

Private Swim Lesson Fees

In Addition: fill out a lesson request form so that we know what days, times and special requests you have.

	SMAC Members	Guests
<input type="checkbox"/> Single Private Lesson (30 min)	\$42	\$50
<input type="checkbox"/> 5 Private Lessons (30 min)	\$195	\$240
<input type="checkbox"/> 10 Private Lessons (30 min)	\$370	\$460

Semi Private Swim Lesson Fees

In Addition: fill out a lesson request form so that we know what days, times and special requests you have.

	SMAC Members	Guests
<input type="checkbox"/> Single Semi Private Lesson (30 min)	\$32	\$39
<input type="checkbox"/> 5 Private Lessons (30 min)	\$140	\$175
<input type="checkbox"/> 10 Private Lessons (30 min)	\$260	\$315

Fall Swim Team Fees

Group	SMAC Members	Guests
<input type="checkbox"/> PreTeam & Bronze	\$170	\$195
<input type="checkbox"/> Silver	\$210	\$235
<input type="checkbox"/> Gold Fitness	\$240	\$265
<input type="checkbox"/> Gold Fitness & Silver Competition	\$275	\$290

8 week session dates: September 3rd – October 25th and October 28th – December 19th

Water Polo Fees

	SMAC members:	Guests:
<input type="checkbox"/> Water Polo Class	\$200	\$225

8 week session dates: September 3rd – October 25th and October 28th – December 19th

Certifications

	SMAC members:	Guests:
<input type="checkbox"/> Lifeguard Certification Course	\$275	\$300
<input type="checkbox"/> CPR/AED Course	\$75	\$90

Circle which session you prefer: Session 1



SAN MATEO ATHLETIC CLUB AQUATICS 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 _____