

Bulldog Aquatics

Spring Programs March-April-May 2012

- *Swim Lessons*
- *Pre Team*
- *Summer Swim Team*
- *Xtreme Swim*
- *Water Polo*
- *Red Cross
Certifications*



SAN MATEO
ATHLETIC CLUB
AQUATICS

BULLDOG SWIM SCHOOL GROUP SWIM LESSON REQUEST FORM



2012 SPRING

Group Lessons Step 1:

Please check session date, day, and time:

Session dates:

April 9th - June 17th

Group Lessons Step 2:

Choose a lesson level & time

Complete description of swim levels are on the following page.

Family Tot

- Tuesday 3:30pm
- Saturday 10:30pm

Preschool Level 1

- Tuesday 5:30pm
- Thursday 3:30pm
- Thursday 5:30pm
- Friday 3:30pm
- Saturday 10:00am

Preschool Level 2

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

Preschool Level 3

- Wednesday 4:30pm
- Friday 4:00pm
- Sunday 12:00pm

Grade School Level 1

- Wednesday 3:00pm
- Friday 4:30pm
- Sunday 10:00am

Grade School Level 2

- Tuesday 4:30pm
- Wednesday 5:00pm
- Thursday 4:30pm
- Friday 5:00pm

Grade School Level 2 cont.

- Saturday 11:30am
- Sunday 11:00am

Grade School Level 3

- Tuesday 5:00pm
- Wednesday 3:30pm
- Thursday 5:00pm
- Saturday 12:00pm

Stroke Development

- Tuesday 4:00pm
- Thursday 4:00pm

Private Lessons

Private lessons are a fantastic way for you or your child to achieve great results. One-on-one instruction enables our instructors to design each lesson to match your exact needs. Private lessons can be scheduled at your convenience; best times are available weekdays between the hours of 2:00 – 7:00pm and weekends between the hours of 9:30 – 1:30pm.

Preferred Schedule (days & times)

Instructor Preference (male or female, specific name etc.)

Bulldog Swim School Curriculum

PreSchool Classes (3- 5 years)

Student teacher ratio is 4:1 – Class times are 30 minutes

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 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, improving floating skills, kicking strength and survival skills. Graduates will be able to do back float for 10 seconds, streamline with straight leg kicks, propulsive kicks on 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 yrs)

Student teacher ratio is 4:1 – class time is 30 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 underwater for 10 seconds or more.

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

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, introduce racing turns including flip turns, perfect racing dives and pace clock usage. Graduates will be able to swim a continuous 100 IM.

Tweens (10 & Older)

Student teacher ratio is 6:1 – class time is 30 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 maintain a healthy exercise routine.

Bulldog Swim Group 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.

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.

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

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.

Bulldog Swim Club



Competitive & Recreational Swim Team

Coached by Jane Martin, Katie Elgaaen & Eric DeSanto, the Bulldog swim club is a newly formed year round USA swim team that is designed to expose kids to friendly competition and the camaraderie of team meets. All levels are welcome, no prior swim team experience is necessary. Emphasis is placed on stroke technique and developing children and teens who wish to improve their swimming and racing skills. Practices are offered 5 days a week so that families can have a flexible practice schedule. We are a small team and our coaches give a lot of personal attention and technique advice. Competing in USA swim meets is encouraged but not required. See our complete descriptions of each group on reverse side.

Practice Schedule

Groups:

Pre Team
Bronze Group
Silver Group
Gold Group
Xtreme Swim

Times:

Tuesday - Friday 3:30 – 4:15pm
Tuesday – Friday 4:15 – 5:00pm
Monday – Friday 4:00 – 5:00pm
Monday – Friday 4:30 – 6:00pm
Monday - Friday 4:30 – 6:00pm

We have a summer league swim team – a great introduction to swim teams!

All levels are welcome. Ages 6- 18

Begins June 4th

**Free tryout days on Tuesday 29 May and Thursday 31
from 4 – 5pm.**

For more information or to register contact
Head Coach Jane Martin
martinj@smccd.edu

Bulldog Swim Club Groups & Coaches

Pre Team (5 – 9 years)

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, introduce racing turns including flip turns, perfect racing dives and pace clock usage. Graduates will be able to swim a continuous 100 IM. Coached by Eric DeSanto & Katie Elgaen

USA Swim Team

Bronze Group (7 – 11 years)

This is an introductory level into USA swimming. Developing proper stroke technique is the main focus. Participants are able to swim a continuous 100 IM. Swimmers will work on all four competitive strokes, turns and racing dives while also improving their stamina in the water. Participation in swim meets is encouraged but not required. Coached by Eric De Santo & Katie Elgaen.

Silver Group (8 – 11 years)

A minimum of one year of swim team experience is required as well as approval by the coach. Participants are committed to swimming year round and competing in USA meets. Swimmers will continue to improve stroke technique as well as learning the fundamentals of training sets and race technique. Coached by Jane Martin.

Gold (12 years & Up)

We have two different groups in this age group. Our introductory level, **Gold I**, is coached by Jane Martin. Stroke technique and the basics of turns and dives are the focus of this group. Endurance work is accomplished through both fun and challenging sets. Participation in swim meets is encouraged but not required.

Our second group, **Gold II**, is coached by Jane Martin. This group of swimmers is focused on swim meet participation and improving their performance. Coach Jane continues to help the swimmers enhance their stroke technique but now workouts are more focused on increasing each swimmer's aerobic capacity and developing speed in all four strokes.

Xtreme Swim

Calling all sports fans! This class is for athletes who do not necessarily want to join a swim team. Focus will be on developing all 4 competitive strokes, improving endurance and having fun while combining swimming with water polo, Jr. Lifeguarding and challenging boot camp drills.

Coaches Bios:

Katie Elgaen, Aquatics Director & Co-Head Coach: Katie has been teaching and coaching swimming since 1990. Her passion for swimming and love of children can be seen in the quality of staff, programs and facilities she has developed for San Mateo Athletic Club & Aquatic Center. Katie is also proud to be a mother of three young children who love the water. Katie Elgaen is a career swimmer, having swum competitively since 1980. Katie was a finalist in the 1988 US Olympic Trials and won Gold and Silver Medals in the 1987 Pan American Games. She was also an All American swimmer at the University of California Berkeley and was one of the top California women in open water swim competitions.

Jane Martin, Head Coach: Jane started her coaching career in 1991 with the Mid-Peninsula Mariners when her own two children became involved in swimming. She started as a volunteer coach in the evenings after her corporate job and loved it so much that she decided to dedicate herself to coaching and teaching swim lessons. Jane hopes that her swimmers will incorporate into their daily lives the life skills that they learn from swimming, such as discipline, goal setting, commitment, loyalty and time management skills. Jane swam competitively for ten years in Michigan and earned her BA in Education in Science and Health Education at the University of Michigan.

Eric De Santo, Assistant Coach: Eric began a life of athletics at age 6. Being far from a natural athlete, he learned at an early age to think about sports and movement with extreme detail. By age 10, teaching and coaching positions became part of everyday training. He has since taught karate, soccer, swimming, water polo, diving, running, personal training and dance. He has been a high school science teacher for the past 12 years. His swim coaching career began at age 18 where he found a knack for training athletes to far exceed his own abilities. He has since coached summer recreational, high school and masters swimmers. He has been certified with Total Immersion swimming for 6 years.

Sean D'Anna, Xtreme Swim Coach: Sean swam and played water polo for Serra High School. He has been certified as a lifeguard by the American Red Cross for the past 3 years. Sean is currently a student at the College of San Mateo and has future aspirations include audio engineering and business development. Sean enjoys staying in shape and passing on the skills he learned in swimming and water polo to the athletes who participate in Xtreme Swim.

Water Polo



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. Our coaches are experienced at youth athlete development in the game of water polo. Jr. Water Polo is our entry level program for kids 6 – 9 years old and is taught in our shallow Instructional pool.

Practice Schedule

Groups:

Junior Water Polo (6 -9 yrs)

Water Polo (9 – 12 yrs)

Practice Times:

Saturdays Only 11:45am – 12:30pm

Tuesday & Thursday 4:30 – 6:00pm

For more information or to register contact our Aquatics Coordinators at (650) 378-7373 or smac.aquatics@smccd.edu

San Mateo Athletic Club at College of San Mateo

Red Cross Lifeguard Certification Course

American Red Cross Lifeguard Training is a certification for all lifeguards. This course is designed to teach basic lifesaving and water safety skills recommended for pool supervision. Certifications include Lifeguarding, AED, CPR for the Professional Rescuer and First Aid. **100% attendance** is required to complete the course.

- Ages:** 15 & up
- Dates:** Session 1: April 3rd – 5th 10:00am – 4:00pm each day
Session 2: April 9th – 12th 10:00am – 4:00pm each day
Session 3: May 25th – 28th Friday 4:00pm – 7:00pm
Saturday, Sunday & Monday 10:00am – 5:00pm
- Cost:** \$275.00 for San Mateo Athletic Club members
\$295.00 for Guests



Red Cross Lifeguard Challenge Course

This course is for individuals who do not possess a current American Red Cross Certification for Lifeguarding/First and CPR/AED for the Professional Rescuer (certification must have expired in the last 12 months). These candidates can take a challenge course once and in the case they do not pass the individual must take the full course again. Individuals who do possess a current American Red Cross Certification for Lifeguarding/First and CPR/AED for the Professional Rescuer may take a challenge course as often as they are offered and their certification stays current.

- Ages:** 15 & Up
- Date:** **Session 4:** Sunday May 27th 11:00am – 5:00pm
Session 5: Sunday June 10th 11:00am – 5:00pm
- Cost:** \$75.00 for San Mateo Athletic Club members
\$90.00 for Guests



Bulldog Aquatics at the San Mateo Athletic Club

Registration Form for all Kids Aquatics Programs

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:
<input type="checkbox"/> Once a Week (10 lessons)	\$160	\$200
<input type="checkbox"/> Twice a Week (20 lessons)	\$304	\$380

10 week session dates: January 30 – April 8 or April 9 – June 17. Summer sessions are listed in our Summer Program Packet.

Swim Team Fees

	SMAC members:	Guests:
<input type="checkbox"/> Pre Team & Bronze	\$193 session	\$220 session
<input type="checkbox"/> Silver	\$248 session	\$275 session
<input type="checkbox"/> Gold I, II & Xtreme Swim	\$275 session	\$302 session

11 week session dates: March 19 – June 2 or June 4 – August 18

There is an additional \$25 registration fee for all Swim Team participants

Water Polo Fees

	SMAC members:	Guests:
<input type="checkbox"/> Water Polo	\$193	\$220
<input type="checkbox"/> Junior Water Polo	\$96	\$110

11 week session dates: March 19 – June 1. Summer Swim Team dates: June 4 – August 17

American Red Cross Certifications

	SMAC members:	Guests:
<input type="checkbox"/> Lifeguard Certification	\$275	\$295
<input type="checkbox"/> Lifeguard Challenge	\$75	\$85

Circle which session you prefer: Session 1 Session 2 Session 3 Session 4 Session 5

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)	\$40	\$55
<input type="checkbox"/> 5 Private Lessons (30 min)	\$185	\$210
<input type="checkbox"/> 10 Private Lessons (30 min)	\$350	\$400



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 _____