

## Adult Group Swim Lessons 2016

Bulldog Aquatics is proud to offer adult swim lessons to swimmers of all ages and abilities. Our instructors provide a comfortable atmosphere so you can achieve your goals, whether it is learning how to swim, improving your breathing techniques or preparing for a competition.

**Fearless Swimming:** This class is designed to help those who are learning to swim, or are uncomfortable in the water. We will progress at each individual's own pace in a supportive environment so as to experience one of the most relaxing, body-friendly types of exercise. We will help you have fun in the water by using rings, barbells, water polo balls, flippers and foam workout noodles. If you can have fun in the water, you're one step closer to being a confident swimmer.

Where: Instructional Pool

Minimum Students: 2

Maximum Students: 4

When: Wednesdays from 5:30pm-6:30pm OR Saturdays from 8am-9am

**Swimming with Ease:** This class is designed for those who are comfortable underwater but need help swimming laps. You will develop stroke technique and learn to be more efficient in the water. Freestyle will be the main focus with a lot of concentration on side breathing. Additionally, you'll be introduced to all four swim strokes such as breaststroke, backstroke, elementary backstroke and side stroke.

Where: Instructional Pool

Minimum Students: 3

Maximum Students: 6

When: Fridays from 5:30pm-6:30pm OR Saturdays from 12:00pm-1:00pm

**Swimming for Fitness:** This class is intended to prepare you for Masters or general lap swimming. This class will focus on building your endurance through freestyle training. We will also practice the fundamentals of the other strokes- backstroke, breaststroke, and butterfly. We will also work on flip turns and treading water.

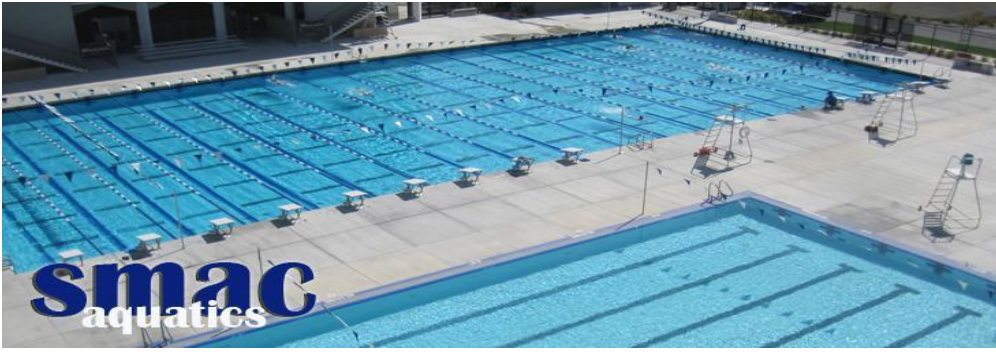
Where: Olympic Pool

Minimum Students: 3

Maximum Students: 8

When: Saturdays from 1:00pm-2:00pm

Note for Group Lessons: One make-up lesson is allowed per session provided that the Aquatics Coordinator is notified at least 24 hours prior to the scheduled lesson. Make-up classes must be scheduled within the current session dates. Make-up lessons cannot be rescheduled.



## Private Swim Lessons

We want our swimmers to have the best! Our Aquatics Center is fantastic and so is our coaching staff. The San Mateo Athletic Club's swim instructors cater to swimmers of every level and every age. Whether you are a novice or an expert we have the perfect instructor for you! Everyone on our team is certified by the American Red Cross and extensively trained on the most cutting edge techniques used by top athletes. The introduction of these valuable techniques will give you an advantage in ability and confidence. We require at least 24-hour notice to reschedule or cancel all private or semi-private appointment sessions. For 60 minute lessons, just double the price!

### PRIVATE LESSON FEES

Session Type	Package Price <b>MEMBERS</b>	Package Price <b>GUESTS</b>
Single Session Individual (30 min)	\$42	\$50
5 Pack Individual (30 min)	\$195	\$240
10 Pack Individual (30 min)	\$370	\$460

### SEMI-PRIVATE LESSON FEES

Session Type	Package Price <b>MEMBERS</b>	Package Price <b>GUESTS</b>
Single Session Duo (30 min)	\$32	\$39
5 Pack Duo (30 min)	\$140	\$175
10 Pack Duo (30 min)	\$260	\$315

\*Note: You must find another swimmer to consist of your duo pair. Our scheduling staff will not find another swimmer for you. Semi-private lesson fees are per swimmer.

### STROKE TECHNICIAN

Swim like a PRO with our one-on-one lessons specializing in stroke refinement. These lessons are taught exclusively by our expert Head Coaching Staff: Mandy McDougal, Jeannette Albrecht, Katie Elgaen, Tom Reudy or Jim Stretch.

Session Type	Package Price <b>MEMBERS</b>	Package Price <b>GUESTS</b>
Single Session Individual (50 min)	\$100	\$120
5 Pack Individual (50 min)	\$470	\$530
10 Pack Individual (50 min)	\$900	\$1020
5 Pack Duo (50 min)	\$300 per swimmer	\$350 per swimmer

CONTACT US AT [smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu) or 650-378-7383 TO SCHEDULE

Note for Private and Semi-Private Lessons: As a courtesy to our swim instructing team and other clients, please allow 24 hours notice for cancellations and rescheduling requests. Cancellations/rescheduling requests that occur less than 24 hours before the scheduled lesson time are subject to a fee equal to the full single lesson cost in all circumstances. Late arrival will shorten your swim lesson time. Cancellation/rescheduling requests may be submitted via email at [smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu) or voicemail at 650-378-7383. Arrival fifteen minutes or more after your scheduled lesson time will be considered as a "no show" and the cancellation policy will apply.

# San Mateo Athletic Club

## Registration Form for Adult Aquatics Programs

Please submit this form to San Mateo Athletic Club's Courtesy Desk, fax to 650-378-7374, or scan and e-mail to [smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu)

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Participant's Full Name Age Member of SMAC? Y/N

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Address City Zip Code

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Home Phone # Cell Phone # E-Mail Address

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Name of Emergency Contact Relationship Emergency Phone #

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Private Lessons (please complete information below)

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Preferred Schedule (days/times) Instructor Preference (male/female, name of instructor etc...)

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**2015-2016 Adult Group Swim Lessons** (please check off appropriate level below)

- Fearless Swimming Wednesdays from 5:30pm — 6:30pm
- Fearless Swimming Saturdays from 8:00am — 9:00am
- Swimming with Ease Friday from 5:30pm — 6:30pm
- Swimming with Ease Saturdays from 12:00pm — 1:00pm
- Swimming for Fitness Saturdays from 1:00pm — 2:00pm

**2015-2016 Adult Group Swim Lesson Session Dates and Fees:**

	SMAC Member Fees	Non Member Fees
<input type="checkbox"/> <b>Winter Session:</b> January 25 – April 3, 2016	\$340	\$440
<input type="checkbox"/> <b>Spring Session:</b> April 4 – June 12, 2016	\$340	\$440
<input type="checkbox"/> <b>Summer Session:</b> June 13, 2016 – August 21, 2016	\$340	\$440

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# SAN MATEO ATHLETIC CLUB AQUATICS PROGRAM WAIVER

**Please read and sign the release below:**

I, \_\_\_\_\_, have voluntarily requested to participate in swim lessons or certification programs 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, my 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 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 respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to myself, anyone else, or property damage resulting from my attendance at or participation in swim lessons offered by the San Mateo Athletic Club. **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:** \_\_\_\_\_

**Name of Participant:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Mail:**

San Mateo Athletic Club  
c/o Aquatics, Building 5  
1700 W. Hillsdale Blvd.  
San Mateo, CA 94402

**Email/Website:**

[smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu)  
<http://www.smccd.edu/sanmateoathleticclub/aquatics>

**Fax:**

650.378.7374