

# Bulldog Aquatics

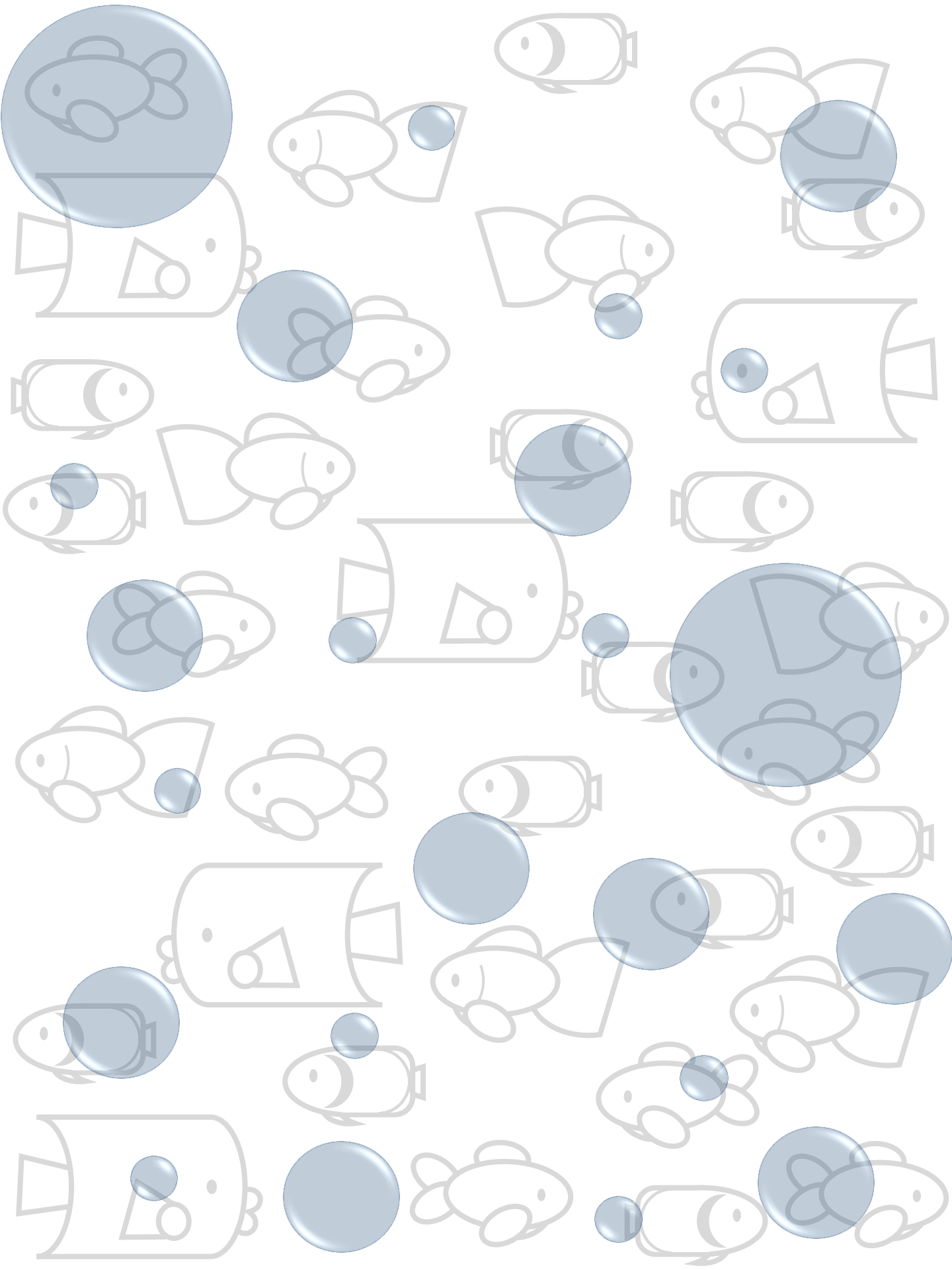
PRESENTS

## Children's Swim Lessons

| • Spring • Summer

2016





# Bulldog Swim School Curriculum

## Family Tot Classes (6 months – 3 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 the water. Emphasis is placed on learning through fun. By using songs, games and colorful equipment we introduce: floating skills, breath control, gentle submersions, and survival skills. This class is not offered during the winter months.

## Preschool Classes (3- 5 years)

**Student teacher ratio is 4:1 – Class times is 25 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 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 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 on their stomachs with straight leg kicks, propulsive kicks on back, rollovers treading water and turnarounds.

**Level 3:** This level is for children who are able to swim independently and are ready to learn the basics of all four competitive strokes. In this advanced level graduates will be able to swim freestyle with rollovers for 15 yards, side swimming, elementary backstroke, dolphin kicks, breaststroke kicks, and safe sit 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, tread water and swim underwater for 10 seconds or more.

**Level 2:** This class focuses on introducing all four competitive strokes. Graduates will be able to swim 15 yards of freestyle with side breathing, backstroke, breaststroke kick and dolphin kick.

**Level 3:** In this class emphasis will be placed refining technique in all 4 competitive strokes. Graduates will be able to swim 25 yards of freestyle and backstroke, know dolphin kick and breast stroke kick and be able to tread water for 2 minutes.

## Tweens (8 – 12 years)

**Student teacher ratio is 6:1 – class time is 55 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. Graduates will be able to swim a continuous 100 IM, perform flip turns and tread water for at least 2 minutes.

# Bulldog Swim 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.

**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 with supervisor approval.

**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 will be held on specific Saturday afternoons and we cannot guarantee the same instructor. Please contact the aquatics coordinator for the specific dates and times. There is no re-scheduling of make-ups.

**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. There will be no make up for privates if the lesson is a no show regardless of reason.

**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. To cancel a semi-private lesson, both parties of the group must cancel and let the Aquatics Coordinator know 24 hours in advance. If you fail to cancel at least 24 hours in advance, both parties will be charged for a full session. There will be no make ups for semi privates if one or both of the parties are a no show.

**Deadline for Package Use:** Private and Semi-Private package sessions must be used within 3 months of the purchase date.

**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.

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

**Child Supervision:** All children must be under direct adult supervision at all times. We ask that you sign in your child before their scheduled lesson and then sign out again when you are picking them up.

**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.

**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.



# Bulldog Swim School

Group Swim Lesson  
Request Form

2016

## Step 1:

Session dates (10 weeks):

- Winter Session: January 25 – April 3, 2016
- Spring Session: April 4 – June 12, 2016

## Step 2:

Choose a lesson level & time

*Complete descriptions of swim levels are on the following page*

### ONCE A WEEK LESSONS:

#### Family Tot

- Saturday 10:00am

#### Preschool Level 1

- Monday 5:30pm
- Tuesday 3:30pm
- Thursday 3:30pm
- Saturday 10:30am
- Sunday 11:30am

#### Preschool Level 2

- Monday 3:30pm
- Tuesday 5:30pm
- Thursday 5:30pm
- Saturday 11:00am
- Sunday 10:30am
- Sunday 12:30pm

#### Preschool Level 3

- Monday 4:30pm
- Tuesday 4:30pm
- Wednesday 4:00pm
- Saturday 10:30am
- Sunday 10:00am

#### Grade School Level 1

- Monday 5:00pm
- Wednesday 4:30pm
- Thursday 4:30pm
- Saturday 11:30am
- Sunday 10:30am

#### Grade School Level 2

- Monday 3:30pm
- Monday 6:00pm
- Tuesday 5:00pm
- Wednesday 3:30pm
- Wednesday 5:00pm
- Thursday 5:00pm
- Saturday 11:00am
- Sunday 10:00am
- Sunday 12:00pm

#### Grade School Level 3

- Monday 4:00pm
- Tuesday 4:00pm
- Tuesday 6:00pm
- Wednesday 5:30pm
- Thursday 4:00pm
- Thursday 6:00pm
- Saturday 11:30am
- Sunday 11:00am

#### Stroke Development (1 HOUR)

- Wednesday 6:00pm

# Bulldog Aquatics at the San Mateo Athletic Club

## 2016 Registration Form

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

Participant's Full Name	Age	Date of Birth
Parents' Full Name	Member of SMAC? Yes /No	
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 which days, times and levels you prefer.

	SMAC members:	Guests:
___ Once a Week (10 lessons)	\$170	\$220
___ Stroke Development (Ten 1 hour)	\$340	\$440

GROUP LEVEL(S) & TIMES: \_\_\_\_\_ (please list)

### Private Swim Lesson Fees

	SMAC Members	Guests
___ Single Private Lesson (30 min)	\$42	\$50
___ 5 Private Lessons (30 min)	\$195	\$240
___ 10 Private Lessons (30 min)	\$370	\$460

### Semi Private Swim Lesson Fees

(pricing is per swimmer)

	SMAC Members	Guests
___ Single Semi - Private Lesson (30 min)	\$32	\$39
___ 5 Semi - Private Lessons (30 min)	\$140	\$175
___ 10 Semi - Private Lessons (30 min)	\$260	\$315

## Private & Semi Private Lessons

Private lessons can be scheduled at your convenience. Lessons are available weekdays between the hours of 2:00 – 7:00pm and weekends between the hours of 8:00am – 2:00pm. Please list below your requests (days, times, instructor). We will do our best to match your needs.



# San Mateo Athletic Club

## YOUTH Aquatics Program Waiver

2016

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.

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Date: \_\_\_\_\_ Name of Participant \_\_\_\_\_

Parent's Signature \_\_\_\_\_