



BULLDOGS
SWIM SCHOOL

AT COLLEGE OF SAN MATEO
ATHLETIC CENTER

INFORMATION & WELCOME PACKET

College of San Mateo, Building 5 1700 W. Hillsdale Blvd San Mateo,
California 94402

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SWIM SCHOOL LEVELS:

The Bulldogs Swim School is a *year round* program split up into four levels, the intention is to have a swimmer without any swimming skill to start at Level 1 and by the end of Level 4 the swimmer will be proficient in all the basic strokes. After Level 4, they will be ready to join our development levels to further expand into a competitive level.

Fun Fact: all Bulldog Swim School Levels are named after our favorite breeds of Bulldogs!

ALONOS (Level 1):

Description: In the Alono's Level, or Level 1, the students will learn to become comfortable in the water and the building blocks of their swimming careers. They will start with holding their breath and then move on to learn the prone float, along with the back float and roll over. In addition to these basics, water safety will be a major aspect of this level. We will teach the student how to safely enter and exit a pool, to swim always with a parent or guardian, only when you have the proper equipment like goggles and swim suit, and if there is an emergency to notify 911 or a lifeguard. Ages recommended 3 - 5 years old.

Prerequisites: There are no swimming skills required to join Level 1. Your child MUST be potty trained to attend / participate at this level.

Goals: Students will enjoy classes as a fun, safe, trusting environment to explore and become comfortable in the water.

Skills Required to Pass:

- Prone Float or Glide for 10 seconds unassisted and with no wiggles
- Back Float and perform a Roll Over unassisted
- Unassisted Safety Swim
- Underwater swim of at least 4 feet with Assistance

CONTINENTALS (Level 2):

Description: In the Continental's Level, or Level 2, kicking and arm strokes will be critical to the next stage of their swimming abilities. Kicking will start with demonstrations from our instructors and then progressing to kickboards, before independent streamline. Arm strokes will be the precursor to freestyle and start out as arm paddling and eventually working towards a full head down position with straight arms resembling freestyle. The student will then progress to combine both kicks and arm strokes together, ensuring correct timing and breath control. In addition to these two core skills, students will also learn more water safety such as the survival float used in open water as well as refining their diving skills. Ages recommended 4 - 6 years old.

Prerequisites:

- Prone Float or "Glide" for 10 seconds unassisted and with no wiggles
- Back Float and perform a Roll Over unassisted
- Safety Swim

- Underwater swim of at least 4 feet with Assistance

Goals: Students will refine their kicking, arm strokes, and the basics of side breathing. All skills will be independent movements without assistance, but each skill will be taught in slow progression through various stages.

Skills required to Pass:

- Straight leg kicking with pointed toes
- Be able to swim with 4 to 6 big, slow, straight arm strokes and with a strong kick
- Perform a Side Breath on both sides of the body
- Back Kicks with streamline
- Underwater swim of at least 7 feet

MAMMUTS (Level 3):

Description: In the Mammuts Level, or Level 3, the progression of freestyle and backstroke will be the focus of this level, with heavy emphasis on bilateral breathing. Students will be building off the foundation they have from Level 2 to focus on breathing and stronger arm strokes for bilateral freestyle. During backstroke they will focus on their arm movements ensuring that they are at the correct rhythm and spacing. They will also be learning elementary backstroke that will lay the foundation for breaststroke in Level 4.

In addition they will practice their water safety skills with treading water. For treading water they will be taught a variety of different methods and refine the method that best works for them. Ages recommended 5 - 7 years old.

Prerequisites

- Be able to swim with 4 to 6 big, slow, straight arm strokes and with a strong kick
- Perform a Side Breath on both sides of the body
- Back Kicks with streamline
- Underwater swim of at least 7 feet

Goal: Students in Level 3 will focus on refining their freestyle learning bilateral breathing as well as backstroke and elementary backstroke.

Skills Needed to Pass:

- Bilateral Freestyle with proficiency of at least 25 yards
- Backstroke and Elementary Backstroke proficiency of at least 25 yards
- Strong ability to tread water in the deep end
- Can retrieve object from 5-7 feet depth

MASTIFFS (Level 4):

Description: In the Mastiffs Level, or Level 4, the students will be mastering the strokes and continuing to improve their endurance and breath control. At this level we will be introducing the more complicated strokes of breaststroke and dolphin kick. These strokes may take some time for students to learn, but our instructors will progress them through several stages to ensure that each student is able to understand. In addition the students will learn secondary skills in the big pool in short intervals. Ages recommended 6 - 8 years old.

Prerequisites:

- Bilateral Freestyle with proficiency of at least 25 yards
- Backstroke and Elementary Backstroke proficiency of at least 25 yards
- Strong ability to tread water in the deep end

Goals: Advanced continuation of Bilateral freestyle and backstroke. Learning and mastering Breaststroke and Dolphin Kick.

Skill Required to Pass:

- Complete proficiency of bilateral freestyle and backstroke with endurance of at least 50 yards with strong water balance and solid body positioning
- Underwater streamlines with three dolphin kicks on front and back
- Backstroke stroke count from flags to wall
- Mastery of Breaststroke
- Mastery of Dolphin Kick

BLUE 1 (Level 5)

Prerequisites:

- Completion of Bulldogs Swim School Mastiffs (Level 4) OR
- Complete proficiency of bilateral freestyle 50 yards, including consistent straight-legged kicks and underwater streamline push-offs with three dolphin kicks from both walls and quick side breaths
- Complete proficiency of backstroke of 50 yards, including consistent straight-legged kicks and underwater streamline push-offs with three dolphin kicks from both walls and strong sense of direction
- Mastery of Breaststroke of 25 yards
- Mastery of Dolphin Kick of 25 yards

Focal Points: Students will practice in the small pool, where it is shallow enough to touch the bottom. Instructors of this group will focus on teaching the pull for butterfly - adding the kick and pull together will complete the stroke. The aim is for students to be able to perform butterfly according to USA Swimming rules, while also continuing to practice basic freestyle, backstroke, and breaststroke. Instructors will also teach the somersault, ready position, underwater streamline, and seated dive.

BLUE 1 WILL REQUIRE A TRY OUT! IF YOU THINK BLUE 1 IS THE LEVEL FOR YOU, PLEASE EMAIL US NOW TO SCHEDULE A TRY OUT! EMAIL BULLDOGS.SS@SMCCD.EDU, FROM THERE WE WILL CONDUCT A TRY OUT. SKIP THE REST OF THE PACKET :)

PRICING AND SCHEDULING:

Pricing The prices below reflect your monthly price based on the number of days chosen. Once dates are chosen, your schedule and prices will be locked until decided otherwise. You may NOT show up to any day/class you want. You may only show up to the classes that you have scheduled.

Class Frequency	Non-Member Price	Member Price	Student/Faculty
1 Day a Week	\$100	\$80	\$65
2 Days a Week	\$180	\$160	\$125
3 Days a Week	\$250	\$230	\$185
4 Days a Week	\$330	\$310	\$250

DEVELOPMENTAL PROGRAM	MEMBER PRICE	NON-MEM. PRICE
BLUE 1 Practices offered Mon – Fri		
2 days a week	\$100	\$120
3 days a week	\$120	\$140
4 days a week	\$140	\$160

Scheduling Parents will choose a set schedule based on the days and times provided below. Those will be your set and personal class times. You can choose up to 4 classes a week to attend. Classes are about 30 min long (we will get out around the 27min mark so teachers are able to update parents and get the children to the showers). Classes will be a max of 4 children in each class and it will be the same children each and every week unless a child cancels out and a new child replaces them. Booking can either be done by emailing us at Bulldogs.ss@smccd.edu, or coming down to our Aquatics Desk on Mondays, Wednesdays, Fridays between 12:30p - 7:30p, or Saturdays between 9:00a - 1:30p.

Here are the days and times that we offer Bulldogs Swim School:

Keep in mind this is our general hours of operation with certain levels having varying time slots. Please reach out if you would like a more detailed schedule of your child's class level.

DAYS: Mondays, Wednesdays, Fridays, Saturdays

TIMES: 3:00p, 3:30p, 4:00, 4:30p, 5:00p, 5:30p, 6:00p, 6:30p, 7:00p, 7:30p

SATURDAY ONLY Schedule: 9:00a, 9:30a, 10:00a, 10:30a, 11:00a, 11:30a, 12:00p, 12:30p, 1:00p, 1:30p

Blue 1 Schedule : 4:00-4:45p or 5:00-5:45p, Monday - Friday

POLICIES & PROCEDURES

COVID-19:

Before coming to campus, ask whether your child has experienced any of the above in the past 14 days. If you answer Yes to any of the above, we ask that you do not attend practice, and follow up with your health care provider instead.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Tested Positive for COVID-19
- Had close contact with someone who Tested Positive for COVID-19

If you or your swimmer have tested positive for COVID-19 or have been exposed to someone with COVID-19 symptoms (either confirmed or suspected), and/or experience any of the COVID-19 symptoms listed above, THEN please notify the main email at Bulldogs.ss@smccd.edu.

If a swimmer contracts COVID-19 we ask that they stay home and quarantine for 5 full days.

ATTIRE: We advise that swimmers wear a form fitting swimsuit that is comfortable and suitable for swimming. Accessories such as goggles and swim caps are not required but can be used to aid in the swimming experience.

LOCKER ROOM USE: **Locker rooms are NOT available for swim class use. This includes parents who are non-members of CSM-AC, but especially children. There will be no locker room access at all for our BSS children.** There are changing cabanas on the pool deck and changing stalls in the family changing room, which is accessible from the pool deck. Deck showers are available only for rinsing (no soaps/shampoo will be allowed. You will be asked to stop if brought out). **Please make arrangements to fully shower at home, as this option won't be available for Bulldogs Swim School participants.**

AIR QUALITY: If the AQI for San Mateo, California is 100 or higher, you have the discretion to not attend class. If the AQI is 150 or higher, the facility will close entirely and No refunds will be given. College of San Mateo management will follow local news and airnow.gov closely during an event and use discretion regarding classes on a day to day basis. You will receive an email or a direct communication from the Bulldogs email (Bulldogs.ss@smccd.edu) If classes are canceled for a week or longer, refunds will be considered.

MAKEUPS/REFUNDS/PRORATING/FREEZES: Makeups for classes are not allowed at this time. Refunds for missed classes will not be allowed for any reason.

Refunds for used/swim months will not be refunded for any reason. Any other reasons for refunds will be at the discretion of the AOM. We will prorate your first month's dues if you start after the first of the month. We do not prorate for vacations, or missed classes after the first month.

We can freeze your account starting on the first of any month. Please email bulldogs.ss@smccd.edu by the **20th of the month** in order to get your account frozen for the upcoming month (ex. Email by Dec 20 for Jan 1 freeze). We cannot freeze mid-month. In order to freeze we will need:

- Written email request
- A set return date
 - What if I want to freeze indefinitely? An **indefinite freeze** would qualify as a **cancellation**. Please state that in the email.

FREEZES/CANCELLATIONS: Please email us by the 20th of the previous month in order to cancel your swim school membership. (ex. Email by Dec 20 for Jan 1 freeze). Cancellation requests submitted for a mid-month cancellation will not be accepted. A cancellation request submitted past the 20th will result in that month's charge; a partial refund will be available.

FREEZES AND CANCELLATION NOTES:

- **Freeze maximum is 3 months long. If you wish to continue your leave, you are responsible to reach out to us for cancellation. Your spot will automatically reinstate after that 3 month freeze. Outreach will be done to remind you that your freeze is over, however, if the families miss this date and do not return, refunds will not be granted.**
- **If your cancellation or freeze request is submitted past the 20th, you are eligible to receive a partial refund. No exceptions.**
- **You will always receive a confirmation for your freeze or cancellation. If you haven't it means you are not frozen or canceled!**

CLASS CHANGE: If you want to change your class day or time, no problem. The fastest way would be to see one of our Aquatics Front Desk attendants. In a hurry? Email us at Bulldogs.ss@smccd.edu and we can process it there. We allow up to 4 changes a year, 1 per quarter. Any additional changes will be \$25. If you have more than 8 changes, it will be \$75 per change.

WAIT, I HAVE MORE QUESTIONS!

How do I pick the right level for my swimmer? At the beginning of the packet we have descriptions of our Swim School, take note of the suggested ages of each level. Do your best to make an educated guess from those descriptions as to where to place your child. If you are between levels, round down. It is always better to choose the lower level and have them be too good than choosing a level that might be too advanced for them. Then they might feel discouraged, and we don't want that! We also have a Swim Level Assessment you can fill out to see which level suits your child. Link to Assess: <https://form.jotform.com/222688164351156>

How many days a week should I pick? We provide different options for how many days per week you wish to have your child swim. We provide 30 minute group classes on Mondays, Wednesdays, Fridays, and Saturdays (classes will end around the 27min mark so swimmers can get to the showers and teachers have time to update all parents). Select the number of days and which specific days you want during your registration process as well as your preferred times, please provide us with a 1st, 2nd, and 3rd choice.

Does my child have to be potty trained to be in Alono (Level 1)? YES! All children MUST be potty trained in all levels in order to be a part of Bulldogs Swim School

How do I register? All parents will need to fill out a Swim School Registration form attached at the end of this packet and email it to Bulldogs.ss@smccd.edu

Where do I park? For parking you will need to park at Lot B and take a short walk to the Athletic Center where you will be directed to our Aquatics Front Desk to check in. A campus map can be found at this [link](#).

Where and how do I enter and check in? You will enter the facility through the main entrance of 1700 W. Hillsdale Blvd. Building 5 'Health and Wellness.' Go past the gym's front desk and hang a right and you will see another desk! That is the Bulldogs Aqua Front Desk. There, you will check in your swimmer by FIRST and LAST name. You line up against the opposite wall and await to be called by your swim teacher. What we will NOT do is enter through the large outside gates.

Do you cancel practice if it rains? Nope. Rain is wet and so are swim lessons :) We will cancel lessons if there is a lightning storm.

What temperature is the pool? And is it an outdoor pool? The pool is 88 - 89 degrees daily. And yes it is an outdoor pool.

I have questions that were not on the packet, but they are important! Keep asking us questions! Maybe your question will make the next update of the packet. We want to make sure that everyone is as informed as possible.

READY TO SIGN UP? Fabulous, so are we! Please do the following

1. Have your first, second and third choice class schedule ready
2. Fully complete the attached forms making sure to include all 3 choices that work for you.

3. Once fully complete send it over to BULLDOGS.SS@SMCCD.EDU. We will do our best to honor your first choice but it is not guaranteed.
4. You will receive a confirmation email confirming your swim lesson, without the confirmation email the lesson is **NOT** scheduled.



BULLDOGS SWIM SCHOOL REGISTRATION FORM

Please complete form and submit to: Bulldogs.ss@smccd.edu

Participant: _____ **Parent:** _____

Primary Email: _____ **Phone:** _____

Gym Member # _____ **Level & PRICE(both):** _____

Address: _____

Physical disabilities, allergies, illness, medications, or injuries we should know about:

Emergency

Contact: _____ **Phone:** _____

DAY: _____ **TIME FRAME:** _____

REGISTRATION AND AGREEMENT

Circle and list above the group/rate that your swimmer is joining. If one of the swimmer's parents are members of College of San Mateo Athletic Center, please indicate that above and select the group rate under the Member Price column. If this is not indicated, we will default to the non-member rate.

Class Frequency	Non-Member Price	Member Price	Student/Faculty
1 Day a Week	\$100	\$80	\$65
2 Days a Week	\$180	\$160	\$125
3 Days a Week	\$250	\$230	\$185
4 Days a Week	\$330	\$310	\$250

DEVELOPMENTAL PROGRAM	MEMBER PRICE	NON-MEM. PRICE
BLUE 1 Practices offered Mon – Fri		
2 days a week	\$100	\$120
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4 days a week	\$140	\$160



RELEASE AND WAIVER OF LIABILITY

Program: College of San Mateo Athletic Center Bulldog Aquatics Program

Printed Name of Participant: _____ **D.O.B:** ____/____/____

I, _____, on behalf of myself and my child ("Participant"), have voluntarily requested to participate in the Program. I am aware that attending or participating in the Program involves risk of injury to person and property. I voluntarily accept and assume all risk from attending and participating in the Program. In consideration of being permitted to participate in these activities, I freely, voluntarily and without duress execute the following Release for and on behalf of myself, Participant and Participant's heirs, successors, beneficiaries and assigns:

1. Waiver and Release. Participant releases, forever discharges, indemnifies, and holds harmless San Mateo County Community College District ("District") and its colleges, trustees, officers, officials, agents and/or employees (collectively the "Released Parties") from any and all liability, claims, demands and causes of action of whatever kind or nature, either in law or in equity, arising out of or relating to Participant's activities in District's Program ("Activities"), including but not limited to any claim for any bodily injury, personal injury, illness, death or property damage that may arise out of, occur during or result from the Activities, regardless of whether caused in whole or in part by an act or omission of a Released Party. Participant also understands that, except as otherwise agreed to by a Released Party in writing, the Released Parties do not provide any financial assistance of any kind, including but not limited to medical, health or disability insurance coverage for any participant.
2. Medical Treatment. Participant releases, forever discharges, indemnifies, and holds harmless the Released Parties from any claim, demand or cause of action whatsoever arising out of or relating to any first aid or medical treatment rendered in connection with the Activities.
3. Media Release. Participant grants and conveys to District all right, title and interest in any and all photographic images and video or audio recordings made by or for District during Participant's participation in the Activities, including, but not limited to, any royalties, proceeds, or other benefits derived from such photographs or recordings.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE RELEASED ANY AND ALL CLAIMS AGAINST THE RELEASED PARTIES RESULTING FROM PARTICIPATION IN THE PROGRAM BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Legal Guardian/Parent's Signature: _____

Name of Legal Guardian/Parent: _____

AUTHORIZATION OF PAYMENT

COLLEGE OF SAN MATEO ATHLETIC CENTER

Swimmer Name: _____ Date: _____

I, _____, authorize College of San Mateo Athletic Center to charge \$_____ recurring monthly fee and/or any other swim school charges. I understand that if my swimmer joins the program after the first week of their first month, then their first month's dues will be prorated accordingly. **My swimmer's first day of swim school practice is ____/____/_____.** This authorization for electronic transfer of funds from the account listed below will auto draft on the 1st of each month and will remain in effect until College of San Mateo Athletic Center has received a written notice from me for its freeze or termination.

I have the right to stop payment on an electronic funds transfer debit by notifying my bank. This, however, does not void my contract with College of San Mateo to fulfill my payment commitment and I am obligated to pay by some other method. The processing date for debit cards may vary due to banking procedures.

Late or Returned Item Charges: A late fee will be assessed for returned checks, insufficient funds, closed accounts, frozen or declined credit cards or similar circumstances which result in late or delayed payment to the College of San Mateo. Members are responsible for providing accurate and updated information.

_____ I understand that I am authorizing electronic transfer of funds from the account listed below that will begin on ____/____/_____ (date), and will thereafter auto draft on the 1st of each month.

_____ I understand that I may cancel or freeze my electronic transfer of funds if I provide the College of San Mateo Athletic Center with written notice by the 20th of the month. A freeze puts a hold on monthly payments for a specified amount of time. A cancellation ends all future payments by terminating the contract. A freeze or cancellation of an account can be effective no sooner than the month following the written notice.

_____ I understand that my electronic transfer of funds from the account listed below will resume auto drafting on the 1st of the month following the end of my freeze period, unless I provide written notice otherwise.

Visa ___ MasterCard ___ Discover ___
Cardholder Name: _____
Credit/Debit Card #: _____
Exp. Date: ____/____
Billing Address:
Street: _____
City: _____ State: _____
Zip: _____

Signature: _____ Date: _____



GETTING TO KNOW YOUR SWIMMER!

1. What are the 3 most important things you want for your swimmer to experience at our swim school?
 - a.
 - b.
 - c.
2. What is your child's favorite thing (in general, what are they really into right now)?
3. What are some *very* important things we should know about your swimmer?
4. Has your child been in group swim lessons before? YES NO
5. If yes, what did you like best about your previous lessons?
6. What did you like the least?
7. What are you hoping to gain from our swim school?