



ADULT GROUP SWIM LESSONS

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.

Happy Swimming

This class is designed to help those who are learning to swim, are uncomfortable in the water, or have had a bad experience in water. We will progress at each individual's own pace in a supportive, non-threatening environment to be able to experience one of the most relaxing, body-friendly types of exercise.

Where: Instructional Pool

Minimum students: 3

Maximum Students: 6

When: Wednesdays 8:00 – 8:45am or Saturdays 8:00am – 8:45am

Adult Swimming Lite

This class is designed for those who can get across the pool, but want to develop technique and gracefulness and increase endurance. We will build your stroke from the inside out using the Total Immersion learning system, an extremely simple and efficient process to develop an injury free swimming stroke.

Where: Instructional Pool

Minimum students: 3

Maximum Students: 6

When: Thursdays 5:15 – 6:00pm

Fitness Swimming 101

This course is designed for those who know how to swim and would like to make swimming part of their fitness routine. We will introduce you to swimming etiquette, the use of pull buoys, kick boards, pace clocks, intervals, and drills that will keep your workout challenging and enjoyable. If you choose, we can also play with back stroke, breast stroke and butterfly.

Where: Olympic Pool

Minimum students: 3

Maximum Students: 6

When: Thursdays 6:00 – 6:45pm or Saturdays 9 – 9:45am

San Mateo TriMasters

This program offers 4 workouts per week specifically focusing on triathlon swimming skills and training using the Total Immersion concept of continuous improvement swimming. Concepts will include sighting, efficiency, group swimming, mass starts, drafting, and distance training. The Saturday workout will take place in the Instructional Pool. Focus will be on freestyle technique.

Where: Olympic Pool

Minimum students: 10

Maximum Students: 20

When: Tuesdays 5:00-6:00pm, Fridays 6:00-7:30pm, Saturday 7:15 – 8:00am, Sunday 7:30 – 8:30am

COMFORT, CONFIDENCE AND CONTROL IN THE POOL



PRIVATE SWIM LESSONS

We want our members to have the best. Our Aquatics Center is fantastic and so is our 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 Aquatics 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 a 24-hour notice to reschedule or cancel all private or semi-private appointments. For 60 minute lessons just double the price!

PRIVATE LESSONS:

Session Type	Package Price	Guests
Single Session Individual 30 min	\$40 members	\$45 guests
5 Pack Individual 30 min	\$185 members	\$210 guests
10 Pack Individual 30 min	\$350 members	\$400 guests

SEMI-PRIVATE LESSONS (PER PERSON):

Session Type	Package Price	Guests
Single Session Duo 30 min	\$30 members	\$35 guests
5 Pack Duo 30 min	\$135 members	\$160 guests
10 Pack Duo 30 min	\$250 members	\$300 guests

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: Katie Elgaen, Eric De Santo, Tom Reudy or Jane Martin.

Session Type	Package Price	Guests
Single Session Individual 30 min	\$50 members	\$55 guests
5 Pack Individual 30 min	\$235 members	\$265 guests
10 Pack Individual 30 min	\$450 members	\$510 guests

Bring a Friend - you may add up to three friends to your private lesson

Semi-Privates must be scheduled as one hour sessions.

Each additional person (up to 3) will be charged as one 30 min session on your lesson package.

COMFORT, CONFIDENCE AND CONTROL IN THE POOL

San Mateo Athletic Club

Registration Form for Adult Aquatics Programs

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	Member of SMAC?
Address	City	Zip Code	
Home Phone #	Work Phone #	E-Mail	
Emergency Contact	Relationship	Emergency Phone #	

Private Lessons (please fill out information below)

Preferred Schedule (days/times)	Instructor Preference (male/female, name of instructor etc.)
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Group Classes (please check the ones you want to sign up for)

- Happy Swim Wednesdays 8:00am – 8:45am
- Happy Swim Saturdays 8:00am – 8:45am
- Adult Swimming Lite Thursdays 5:15 – 6:00pm
- Fitness Swim 101 Thursdays 6:00 – 6:45pm
- Fitness Swim 101 Saturdays 9:00 – 9:45am
- San Mateo Tri Masters (Tuesday, Friday, Saturday & Sunday)

Sessions (please check the ones you want to sign up for)

	Dates:	# of Weeks	SMAC Member Fees	Non Member Fees
<input type="checkbox"/>	January 17- February 26	(6 weeks)	\$100	\$150
<input type="checkbox"/>	February 28 – March 25	(4 weeks)	\$67	\$100
<input type="checkbox"/>	March 27 – May 6	(6 weeks)	\$100	\$150
<input type="checkbox"/>	May 8 – June 3	(4 weeks)	\$67	\$100
<input type="checkbox"/>	June 5 – July 29	(6 weeks)	\$100	\$150
<input type="checkbox"/>	July 31 – September 9	(4 weeks)	\$67	\$100
<input type="checkbox"/>	TriMasters Punchcard	(10 workouts)	\$50	\$150

COMFORT, CONFIDENCE AND CONTROL IN THE POOL

SAN MATEO ATHLETIC CLUB AQUATICS PROGRAM WAIVER



Please read and sign the release below

I, _____, on behalf of myself, _____, 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, 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

<http://www.smccd.edu/sanmateoathleticclub/aquatics>

Fax:

(650) 378-7374

COMFORT, CONFIDENCE AND CONTROL IN THE POOL