

YOUTH SWIM LESSONS

Winter Session 1 (November 24th – December 21st)

Mon/Wed classes meet 8 times. \$110/\$130; *Dolphin classes \$140/\$164*; **Pre Swim Team \$168/\$198 (No skip date)**

Tues/Thurs classes meet 7 times. \$96/\$113; *Dolphin classes \$123/\$144*; **Pre Swim Team \$147/\$173 (No classes on 11/27 due to Thanksgiving Day.**

Sat & Sun classes meet 4 times \$55/\$65; *Dolphin classes \$70/\$82*; **Pre Swim Team \$84/\$99 (No skip date)**

All classes are 28 min except *Dolphins*, which are 45 min & **Pre-Team**, which are 60 min. Price listed are *members/non-members*.

Baby and Me Classes: (6 months to 3 years old)

This is a fun and rewarding experience for both parents and tots! This cheerful class combines water skills and play to create a positive and fun environment. The class is held in a warm water pool. Each child must be accompanied by an adult in the water. (Warm pool)

Novice 1: (2 years to 5 years old)

Children entering this level must be comfortable getting in the water without a parent. This class focuses on gaining confidence around water, reinforces basic water safety, and teaches swimming skills such as splashing, kicking, floating, blowing bubbles, big arms, and going under water. Instructors make the pool feel like a warm and safe place for swimmers to explore and have fun. (Warm pool, near stairs)

Novice 2: (3+ years old)

Children entering this level MUST be able to put their face in the water. In this class, children will learn to float, kick, glide, and perform arm strokes **unassisted** on their front and back. Safety skills are reinforced. (Warm Pool, stairs and toddler docks)

Intermediate 1: (Average ages are 4 to 7)

In this class, swimmers will improve their glides and kicks, and learn how to do front and back crawl. Side breathing and elementary backstroke is introduced. (Warm Pool, deep end, with or without docks)

Intermediate 2: (Average ages are 4 to 8)

In this level, children improve their front and back crawl and side breathing and learn breaststroke kick and dolphin kick. Treading water is introduced. (Warm pool or Lap pool depending on class and skills introduced.)

Advanced 1: (6 years old and older)

This advanced level is designed for children who have previous swimming experience. Students in this class should be able to perform all the skills in the Novice & Intermediate classes. Before entering Advanced 1, swimmers must be able to swim half a lap, or about 15 yards, of unassisted front crawl, back crawl. (Lap Pool)

Advanced 2: (6 years old and older)

This level prepares athletes to further improve their swimming skills and endurance. This class also introduces athletes to a more advanced and competitive style of breaststroke, dolphin kick, and butterfly skills. Stream lining and endurance skills are emphasized. (Lap Pool)

Dolphin: (6 years old and older)

Children entering this level must be comfortable swimming 1-2 laps of each stroke and be proficient at side breathing. This level emphasizes endurance swimming and correct swimming techniques. Children are also taught how to do the correct turn for each stroke, all in a non-competitive environment. (Lap Pool)

Pre-Swim Team (6 years old and older)

This is the highest level of our swim lesson program. This level is for swimmers who are not quite ready for swim team, but see that as a goal. Pre Swim Team focuses on fine tuning the four competitive strokes to prepare swimmers for swim team. We introduce 4-5 basic drills for each of the four strokes, and will emphasize endurance training by focusing on technique while swimming laps. Practices will be structured similarly to the swim team, with a proper warm-up, drill sets, sprint sets, kick sets, main sets, and warm down. Proper starts, turns, push offs, streamlines, and finishes will also be a focal point. In addition, swimmers in this group will learn how to use the pace clock for interval training.

Gators (8-12 year olds) This level is for beginning and non-swimmers who are older, and have not taken lessons before. This class is set up to take older kids through floating, kicking and basic swimming skills and prepare them for the Intermediate and Advanced group lessons. Students enrolled in this class do not need to have any swimming skills, but must be fairly comfortable in the water. (Warm pool or Lap pool depending on class and skills introduced.)

Register for classes online or by phone:

www.burlingameaquatics.com or 650-558-2881

All Classes are held at the *Burlingame Aquatic Center at Burlingame High School.*

Baby & Me

Activity Number	Days	Times
5536	SAT	10:30-11:00am
5684	SUN	9:30-10:00am

Novice 1

Activity Number	Days	Times
5576	T/TH	3:30-4:00pm
5578	SAT	9:30-10:00am
5580	SUN	10:30-11:00am

Novice 2

Activity Number	Days	Times
5585	M/W	4:30-5:00pm
5676	M/W	5:00-5:30pm
5588	T/TH	3:30-4:00pm
5678	T/TH	5:00-5:30pm
5679	T/TH	6:00-6:30pm
5590	SAT	9:30-10:00am
5591	SAT	10:30-11:00am
5599	SAT	12:00-12:30pm
5593	SUN	9:30-10:00am
5597	SUN	10:00-10:30am
5598	SUN	12:00-12:30pm

Intermediate 1

Activity Number	Days	Times
5551	M/W	4:00-4:30pm
5681	M/W	5:00-5:50pm
5552	M/W	6:30-7:00pm
5553	T/TH	4:00-4:30pm
5554	T/TH	6:30-7:00pm
5556	SAT	10:00-10:30am
5558	SAT	12:30-1:00pm
5557	SUN	10:00-10:30am
5559	SUN	12:30-1:00pm

Intermediate 2

Activity Number	Days	Times
5680	M/W	3:30-4:00pm
5561	M/W	4:30-5:00pm
5562	M/W	6:00-6:30pm
5563	T/TH	4:30-5:00pm
5677	T/TH	5:30-6:00pm
5683	SAT	11:00-11:30am
5568	SAT	11:30-12:00pm
5571	SUN	10:30-11:00am
5570	SUN	11:30-12:00pm

Advanced 1

Activity Number	Days	Times
5511	M/W	4:00-4:30pm
5513	M/W	6:30-7:00pm
5515	T/TH	4:00-4:30pm
5514	T/TH	6:30-7:00pm
5682	SAT	10:00-10:30am
5518	SAT	12:30-1:00pm
5520	SUN	12:00-12:30pm

Advanced 2

Activity Number	Days	Times
5527	M/W	3:30-4:00pm
5525	M/W	6:00-6:30pm
5528	T/TH	4:30-5:00pm
5526	T/TH	6:00-6:30pm
5530	SAT	12:00-12:30pm
5531	SUN	11:00-11:30am
5532	SUN	12:30-1:00pm

Dolphin

Activity Number	Days	Times
5539	M/W	5:00-5:45pm
5543	SAT	11:00-11:45am
5544	SUN	11:00-11:45am

Pre Swim Team

Activity Number	Days	Times
5687	T/TH	5:00-5:30pm