



# CHILDREN'S AQUATICS

Swimming is a great activity to build confidence, self-esteem, and skills that will last a lifetime. We offer both a comprehensive lesson program for children 9 months to 11 years old and private lessons for children of all ages.

## Session Dates

Please enroll online at [www.MyLSF.net](http://www.MyLSF.net)

|                |                                      |
|----------------|--------------------------------------|
| Summer.....    | Jun 24 - Aug 31                      |
|                | No classes Jul 4                     |
| Fall.....      | Sep 7 - Nov 10                       |
| Winter I.....  | Nov 11 - Feb 2                       |
|                | No classes Nov 28 and Dec 21 - Jan 3 |
| Winter II..... | Feb 3- Apr 12                        |

## Group Classes

Classes are offered at ideal times every day and are an excellent way to build life-long bonds and friendships while developing social etiquette. Group classes provide an environment where healthy competition between swimmers can encourage them to work harder to improve their swimming technique, endurance and speed. Our curriculum and instructor training are developed by staff with Olympic and International experience.

*The Aquatics Department does not pro-rate for missed classes or for late enrollment. 1 Make-Up class is allowed per session with at least a 48 hour notice to reschedule these classes, pending room available. Absences must be reported via email to [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com).*

## Private Lessons

Lessons can be geared for swimmers who need more individualized attention or have trouble staying on task in group classes. Private lessons allow for instructors to personalize goals and objectives specific to the swimmer. Private lessons do not follow class sessions; however, most maintain a weekly standing time with their instructor. Lessons are held in the pools depending on space availability.

*Discounted packages are available for purchase. 24-hour notice is required for all cancellations via email to [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com) and the instructor.*

## Parent & Child

1:10 ratio

Designed for our youngest swimmers (9-36 months) and an adult, this class offers an opportunity to create a stronger sense of security between you, your child and the water through songs and interactive coaching. Our instructors create a fun and comfortable environment which allows your child to quickly become acclimated to the water.

## Learn to Swim

1:4 ratio

An entry-level class that is intended to provide swimmers with simple water familiarity and basic body control in the water, such as back and front floats, breathing and feeling comfortable going under-water. Your swimmer will also receive an introduction to stroke kicking for both the Backstroke and Freestyle. This class serves as a basis for all future development in the water.

## Level 1

1:4 ratio

In this first of three levels of swim classes, your swimmer will master putting his or her head under-water, strengthen basic Backstroke & Freestyle kicking and be introduced to arm techniques, improve streamline position and body control, and jump into the water independently.

## Level 2

1:6 ratio

In this second level of swim classes, your swimmer will further develop his or her skills by improving kicking in Backstroke & Freestyles, while being introduced to kicking in Breaststroke & Butterfly strokes. Additionally, your swimmer will increase fluidity of the Freestyle & Backstroke arm functions, improve streamlining and start working on flip turns.

## Level 3

1:6 ratio

In the most advanced level of group classes, your swimmer will learn the remaining essentials in kicks and arm movements. Your swimmer will focus on mastering kicking in all four strokes, while improving Backstroke & Freestyle arm drills. He or she will begin to develop arm functions for the Butterfly & Breaststroke. Lastly, we'll work on standing full flip turns and introduce your swimmer to diving. This final class helps to work on areas inside the strokes that will contribute to a swimmer's preparation for our Stingrays swim team.

| Private Lesson      | 30 Mins | 45 Mins | 60 Mins | Savings    |
|---------------------|---------|---------|---------|------------|
| Individual lesson   | \$38    | \$48    | \$58    |            |
| 6-pack of lessons   | \$216   | \$276   | \$336   | \$2/Lesson |
| 12-pack of lessons  | \$408   | \$528   | \$648   | \$4/Lesson |
| Coach-level lesson  | \$45    | \$58    | \$80    |            |
| Semi-Private Lesson | 30 Mins | 45 Mins | 60 Mins | Savings    |
| Individual Lesson   | \$32    | \$37    | \$45    |            |
| 6-pack of lessons   | \$180   | \$210   | \$258   | \$2/Lesson |
| 12-pack of lessons  | \$336   | \$396   | \$492   | \$4/Lesson |
| Coach-level lesson  | \$39    | \$47    | \$60    |            |

Prices above listed for current LSF Members. Non-Members may participate in one session or 5 private lessons per year. Non-Member prices are \$20 more per lesson for private and semi-private

## Parent & Child/Learn to Swim

| Session  | Member | Guest |
|----------|--------|-------|
| 10 weeks | \$220  | \$350 |

## Level 1-3\*\*

| Session  | Member | Guest |
|----------|--------|-------|
| 10 weeks | \$250  | \$380 |

### Monday

|                |               |
|----------------|---------------|
| Parent & Child | 3:00 - 3:30pm |
| Learn to Swim  | 4:00 - 4:30pm |
| Level 1        | 4:30 - 5:15pm |
| Level 2        | 4:30 - 5:15pm |
| Level 3        | 5:15 - 6:00pm |

### Tuesday

|                |                 |
|----------------|-----------------|
| Parent & Child | 10:00 - 10:30am |
| Learn to Swim  | 10:30 - 11:00am |
| Learn to Swim  | 4:00 - 4:30pm   |
| Level 1        | 4:30 - 5:15pm   |
| Level 2        | 4:30 - 5:15pm   |
| Level 3        | 5:15 - 6:00pm   |

### Wednesday

|               |               |
|---------------|---------------|
| Learn to Swim | 4:00 - 4:30pm |
| Level 1       | 4:30 - 5:15pm |
| Level 2       | 4:30 - 5:15pm |
| Level 3       | 5:15 - 6:00pm |

### Thursday

|               |               |
|---------------|---------------|
| Learn to Swim | 4:00 - 4:30pm |
| Level 1       | 4:30 - 5:15pm |
| Level 2       | 4:30 - 5:15pm |
| Level 3       | 5:15 - 6:00pm |

### Saturday

|                |                 |
|----------------|-----------------|
| Parent & Child | 8:30 - 9:00am   |
| Learn to Swim  | 9:00 - 9:30am   |
| Level 1        | 9:30 - 10:15am  |
| Level 2        | 10:15 - 11:00am |
| Level 3        | 11:00 - 11:45am |

### Sunday

|                |                 |
|----------------|-----------------|
| Parent & Child | 8:30 - 9:00am   |
| Learn to Swim  | 9:00 - 9:30am   |
| Level 1        | 9:30 - 10:15am  |
| Level 2        | 10:15 - 11:00am |
| Learn to Swim  | 11:00 - 11:30am |
| Level 3        | 11:00 - 11:45am |

\*All swimmers under age 3 and older who are not potty trained are required to wear a reusable swim diaper.

\*\*For sessions where there are holidays, rates will be pro-rated to the appropriate number of classes.