

# 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 6 months to 11 years old and private lessons for children of all ages.

## 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)*

## PRE-PAID 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.

*Pre-Paid Privates are booked per session according to the 10-week session calendars (Summer, Fall, Winter I, Winter II, Spring) and will be billed upfront and guarantee your lesson spot for the entire session. When you book a Pre-Paid Private you are securing your day, time, and instructor for the entire session. Pre-Paid Private lessons are non-refundable and non transferrable. Due to high demand, we allow one make up class per session to be scheduled with your instructor based on availability.*

## FLEXIBLE A-LA-CARTE PRIVATE LESSONS

Flexible a-la-carte private lessons are booked based upon instructor availability and do not follow a weekly standing time with an instructor.

### Fall

Sept 6 - Nov 13

### Winter I

Nov 14 - Feb 5

*No classes 11/24-25, 12/19 - 1/1*

### Winter II

Feb 6 - Apr 16

### Spring

Apr 17 - Jun 25

### Summer

Jun 26 - Sept 4

Enroll online at [MyLSF.net](http://MyLSF.net) or through the MyLSF App.

*Services paid for with credit or debit card will incur a 4% convenience fee.*

Parent & Child

1:8 ratio

Designed for our youngest swimmers(6-36 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

1:6 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.

Private Lesson	30 Mins	45 Mins	60 Mins
Pre-Paid Private	\$420	\$530	\$640
Flex A-la carte	\$42	\$53	\$64
Coach-level Flex A-la carte	\$50	\$64	\$88

Semi-Private Lesson	30 Mins	45 Mins	60 Mins
Pre-Paid Semi Private	\$350	\$410	\$500
Flex A-la carte	\$35	\$41	\$50
Coach-level lesson	\$43	\$52	\$66

Prices above listed for current LSF Members.  
Aquatics programming is available to LSF members only.

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.

Parent & Child/Learn to Swim	
Session	Member
10 weeks	\$280

Level 1-3**	
Session	Member
10 weeks	\$300

Monday	
Learn to Swim	9:30 - 10:00 am
Learn to Swim	4:00 - 4:30 pm
Level 1	4:30 - 5:15 pm
Level 2	4:30 - 5:15 pm
Level 1,2&3	5:15 - 6:00 pm

Tuesday	
Learn to Swim	9:30 - 10:00 am
Learn to Swim	4:00 - 4:30 pm
Level 1&2	4:30 - 5:15 pm
Level 2&3	5:15 - 6:00 pm

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

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

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

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

*\*All swimmers under age 3 and older swimmers 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.*