

OVERVIEW

Here at Los Gatos Swim & Racquet Club, we pride ourselves in our wonderful swim lesson program for all ages and abilities.

Our goals are:

- **Water Safety**
- **Building confidence in the water**
- **Having fun while learning new skills**
- **Progression of skills**
- **Learning proper technique**

Our trained and certified swim instructors are passionate and friendly. They are eager to motivate your child at any level while teaching correct swim technique and safety skills. We look forward to meeting you and helping you reach your swimming goals!

POLICIES



Completed online registration with payment must be done to hold lesson spot.



NO REFUNDS will be given unless cancellation is made 7 days prior to the start of the lesson.



There are no make-ups for missed lessons.



Your child must be on your Club membership in order to receive the Member rate.



Non-Member swim lesson participants may not use the Club's pool outside of their swim lesson time.



Non-member swim lesson participants may not use the Club's recreational facilities.



LESSON SIGN UP

1. Visit our [website](#) or use the QR code below.



2. Click "Explore"

3. Select the appropriate program for your child to view available dates and times. Click on each program or consult the swim brochure for prerequisites to join.

4. If the participant is an LGSRC Member follow the following steps. If not, jump to step #5

a. Under "Membership Discounted Rates", click "Add Membership"

b. Select or add members to this membership by typing in the first name of the LGSRC member

c. Once you add a membership for each LGSRC member the discounted member rate will display

5. Click "Add Participant" to the desired class.

6. Type in the participant (s) name or if they are already added, click on their name and click "Save".

7. When ready to check out, click the blue cart on the top right hand corner.

8. Double check that the cart is correct and click "next".

9. Type in email and password if not already logged in, or follow the prompts to set up a new account.

10. Fill out payment info and click "Complete Registration".

11. If you need to change or cancel, click on "My Group Programs" on the home page, find the class you wish to modify, and follow the prompts. **NO REFUNDS will be given unless cancellation is made 7 days prior to the start of the lesson.**



2024

SUMMER SWIM LESSONS



Los Gatos Swim & Racquet Club
14700 Oka Road
Los Gatos, CA 95032
(408) 356-2136
www.lgsrcc.com

SUMMER SWIM LESSONS

PARENT/TOT (1:10)

This class is for children 6 months to 3 years of age. We emphasize the child's comfortable adaptation to a new environment with the parent's help. Emphasis is placed on adjustment, care, and handling of your child in the pool. This involves kicking, arm movements, and going under water.

Days: Monday - Friday
Times: 11:00am - 11:25am or 4:00pm - 4:25pm
Length: 25 Minutes
Fees: Members: \$130/Week Week 4: \$104
Non-Members: \$155/Week Week 4: \$124

SMALL GROUP (1:2)

Days: Monday - Friday
Times: Starfish and Jellyfish 10:00am - 6:00pm
Seals 11:00am - 5:00pm
Length: 25 Minutes
Fees: Members: \$160/Week Week 4: \$128
Non-Members: \$185/Week Week 4: \$148

LEVEL 1 - STARFISH

Starfish will learn how to be comfortable in the water. This includes blowing bubbles, bobs, reaching for toys, opening eyes underwater, and safety skills. Starfish will work on confidence through submersion and bobs.

Prerequisites: No water experience necessary, however they must be able to follow directions in a group setting.
Graduation Requirement: 10 relaxed bobs.

LEVEL 2 - JELLYFISH

Jellyfish will learn how to float independently on their backs and on their stomachs while blowing bubbles. Jellyfish will be comfortable jumping in the water and rolling over to float, glide, and breathe.

Prerequisites: Jellyfish must be comfortable going underwater. They must also be able to do 10 relaxed bobs.
Graduation Requirements: Float and glide unassisted on their back and on their stomach for 15 seconds.

LEVEL 3 - SEALS

Seals will learn to propel themselves through the water by kicking efficiently on both their stomach and back. Seals will be comfortable jumping in the water, rolling over and kicking to the wall safely.

Prerequisites: Seals must float and glide unassisted on their back and stomach for 15 seconds. They must also be comfortable going underwater and do 10 relaxed bobs.
Graduation Requirement: Kick on their back and stomach while floating for 10 feet.

LARGE GROUP (1:4)

Days: Monday - Friday
Times: 11:00am - 5:00pm
Length: 25 Minutes
Members: \$145/Week Week 4: \$116
Non-Members: \$170/Week Week 4: \$136

LEVEL 4 - SEA OTTERS

Sea Otters will learn how to use their arms to make forward progression in the water on their backs and stomachs. Sea Otters learn how to side breathe in freestyle.

Prerequisites: Kick on their back and stomach while floating for 10 feet.

Graduation Requirements: Can swim 10 feet on their back and 10 feet with side breathing on their stomach.

LEVEL 5 - DOLPHINS

Dolphins will demonstrate their skills by swimming 12.5 yards. Swimmers will be taught freestyle with side breathing and backstroke with the correct body position, strong kicks, and arm circles.

Prerequisites: Can swim 10 feet on their back and 10 feet with side breathing on their stomach.

Graduation Requirements: Dolphins will graduate to Stroke School when they can swim 12.5 yards freestyle and backstroke.

SWIM TEAM (MEMBERS ONLY)

LEVEL 6 - STROKE SCHOOL (PRE-TEAM)

In Stroke School swimmers will work on the fundamentals of freestyle, backstroke, breaststroke and butterfly. They will work on body line, timing, breath control, kicking, dives, and fine tune strokes to make them eligible for swim team.

Prerequisites: Must be able to swim 12.5 yards freestyle and 12.5 yards backstroke.

Graduation Requirement: Swimmer will graduate once each stroke is swum correctly for 25 yards.

Days: Monday - Friday
Time: 10:30am-11am or 4:30pm-5pm
Length: 25 Minutes
Fee: \$135/Month + \$100 Team Fee



LEVEL 7 - SWIM TEAM

Los Gatos Swim Club (LGSC) is a competitive year-round USA Swimming team with a summer league component for Members. To register for either team or for more information, visit our [website](#) or use the QR code above.

ADULT LESSONS (1:1)



Private lessons are 30 or 60 minutes and great for beginners and triathletes. Pricing is based on level of instructor. View our lessons and instructors on our adult lesson [website](#) or scan the QR code.

PRIVATE LESSONS (1:1)

Days and Times: Monday - Friday 10:30am - 5:00pm
Saturday - Sunday 9:00am - 2:00pm

Length: 25 Minutes
Fees: Members \$40/Class
Non-Members \$60/Class

Private lessons allow the child to work one on one with a swim instructor. These are a great way to get an individualized lesson, or a chance to get extra help on a swim skill.

SEMI-PRIVATE LESSONS (1:2)

Days and Times: Monday - Friday 11:00am - 5:00pm
Saturday - Sunday 9:00am - 1:00pm

Length: 25 Minutes
Fees: Members \$30/Class Per Swimmer
Non-Members \$40/Class Per Swimmer

Semi-private lessons allow you to work together with a friend or sibling with one of our best swim instructors. These lessons are a great way to get an individualized lesson for two similar swimmers, or a chance to get extra help on a swim skill.

LESSON WEEKS

Week One June 10
Week Two June 17
Week Three June 24
Week Four July 1

***Week 4 Pro-Rated. No Lessons Thursday, July 4th.**

Week Five July 8
Week Six July 15
Week Seven July 22
Week Eight July 29
Week Nine Aug 5