

PARENT/TOT

Days: Monday - Friday
 Times: 11am-11:25am
 Length: 25 Minutes
 Member Fee: \$130/Week Week 4: \$104
 Non-Member Fee: \$155/Week Week 4: \$124

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.

SMALL GROUP (1:2)

Days: Monday - Friday
 Times: Starfish & Jellyfish: 10am-6pm
 Seals: 11am-5pm
 Length: 25 Minutes
 Member Fee: \$165/Week Week 4: \$132
 Non-Member Fee: \$190/Week Week 4: \$152

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: 11am-5pm
 Length: 25 Minutes
 Member Fee: \$150/Week Week 4: \$120
 Non-Member Fee: \$175/Week Week 4: \$140

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.

STROKE SCHOOL

LEVEL 6 - 10 - 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
 Times: 10:30am-11am or 4:30pm-5pm
 Length: 25 Minutes
 Member Fee: \$135/month
 Non-Member Fee*: \$175/week

Swimmers who pass Level 10 are invited to join our swim team with placement in one of our Mini or Junior group groups based on age. For more information, visit our [swim team website](http://swimteam@lgsr.com) or e-mail the Head Coach at swimteam@lgsr.com.



SWIM TEAM

MEMBERS ONLY

Los Gatos Swim Club (LGSC) is a competitive year-round USA Swimming team with a summer league component for Members. To register, visit our [swim team website](http://swimteamwebsite.com), use the QR code below, or for more information e-mail swimlessons@lgsr.com.



PRIVATE LESSONS (1:1)

Days: Monday - Friday
 Times: 10:30am-5pm
 Length: 25 Minutes
 Member Fee: \$42.50
 Non-Member Fee: \$62.50



For private coaching and advanced lessons, scan the QR code.

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.

LESSON WEEKS

- WEEK 1 JUNE 9
- WEEK 2 JUNE 16
- WEEK 3 JUNE 23
- WEEK 4* JUNE 30
- WEEK 5 JULY 7
- WEEK 6 JULY 14
- WEEK 7 JULY 21
- WEEK 8 JULY 28
- WEEK 9 AUG 4



*WEEK 4 PRO-RATED. NO CLASS ON FRIDAY, JULY 4, 2025.