

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

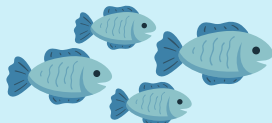
# POLICIES

- 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.
- 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.
- All lessons are booked on Captyn.
- No direct payments to instructors allowed.



# LESSON SIGN-UP

1. Visit our website, use the QR code below, or for more information e-mail [swimlessons@lgsrc.com](mailto:swimlessons@lgsrc.com).



2. 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.

3. 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.

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

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

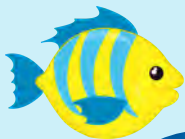
6. When ready to check out, click the blue cart on the top right hand corner.

7. Confirm that the cart is correct and click "next".

8. Type in e-mail and password if not already logged in, or follow the prompts to set up a new account.

9. Fill out payment information and click "Complete Registration".

10. 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.



# 2025 SUMMER SWIM LESSONS



## CONTACT OUR CLUB

📍 14700 Oka Road  
Los Gatos, CA 94513

☎ Front Desk: (408) 356 - 2136

✉ [swimlessons@lgsrc.com](mailto:swimlessons@lgsrc.com)



# PARENT/TOT

# LARGE GROUP (1:4)

# 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](#), use the QR code below, or for more information e-mail [swimlessons@lgsr.com](mailto:swimlessons@lgsr.com).



# PRIVATE LESSONS (1:1)

Days & Times: Monday - Friday 10:20am-5pm  
Saturday - Sunday 9am-12pm  
Length: 25 Minutes  
Member Fee: \$42.50  
Non-Member Fee: \$62.50



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.

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

# 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.

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

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](#) or e-mail the Head Coach at [swimteam@lgsr.com](mailto:swimteam@lgsr.com).



# 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.

