



LAMADRONA ATHLETIC CLUB

Swim Lessons

Group Lesson Sessions
All group lessons will have a max of 3 children with the exception of Parent & Me (6 children)



Private Swim Lessons

Our Swim Instructors have experience working with children & adults of all swimming abilities.

La Madrona Private Swim Lessons are one-on-one with a member of our team of qualified Swim Instructors. We also offer semi-private instruction for two people per lesson.

All lessons are 30 minutes in length

Private Lesson Rates

Private:
Member \$35
Nonmember \$41

Semi-Private:
Member \$21
Nonmember \$27

Contact Amy Barton @
831-438-1072 ext. 104

Or at: abarton@caclubs.com
with questions or to schedule private or semi-private lessons

Class Descriptions:

All classes will emphasize Water Safety

Parent & Me: recommended for ages 6 mo.-3 yrs. **Parent or guardian is in the water** assisting child with basic water adjustment and exploration including water entry, bubble blowing, submerging, front kicking, back floating & safety.

Level One: recommended for ages 2 ½ & Up. Water Exploration w/out Parent or guardian. Bubble blowing, submerging & retrieving objects w/support, under water. Assisted front & back float & kicking.

Level Two: recommended for ages 3 & up Primary Skills Focus. Fully submerging. Becoming more independent with front & back float & kicking. Introducing basic strokes of front & back strokes.

Level Three: Stroke Readiness. Retrieve objects unsupported. Tread Water. Coordinate arms and legs for Front/back crawl. Introduce side breathing, breaststroke, side stroke butterfly kick.

Level Four: Stroke Development. Continue general improvement of all strokes previously introduced. Emphasis on increasing distance ability & improved techniques. Introduce flip turns. Prep for Swim Team!

Spring Season

Spring 1: 4/8-4/26

Spring 2: 4/29-5/17

*Spring 3: 5/21-5/30 *2 week session & only offered T/Th

Offering M/F or T/Th classes between 3-5pm for 3 wks.

6 lessons total (except session 3)

{No group lessons week of 6/3-6/7}

Summer Season

*Summer 1: 6/10-6/28 *only 3 week session offered in summer

{NO group lessons week of 7/1-7/5}

Summer 2: 7/8-7/19

Summer 3: 7/22-8/2

Summer 4: 8/5-8/16

{NO group lessons weeks 8/19-8/23}

Offering M/W or T/Th classes between 9am-12 noon for 2 weeks.

4 lessons total (except session 1)

Fall Season

*Fall 1: 8/27-9/5 *2 week session & only offered T/Th

Fall 2: 9/9-9/27

Fall 3: 9/30-10/18

Fall 4: 10/21-11/8

*Fall 5: 11/11-11/22 *2 week session

Offering M/F or T/Th classes between 3-5pm for 3 wks.

6 lessons total (except for session 1 & 5)

**Group lesson rates: 4 lessons member \$68/nonmember \$84
6 lessons member \$102/nonmember \$126**

Spring/Fall:

M/F or T/Th lessons

3pm-Level 1 & 3

3:30pm-level 2 & 4

4pm-Level 1 & 3

4:30pm-Level 2 & 4

5pm-Level 1 & 3

Summer:

M/W or T/Th lessons

9am-Level 1 & 3

9:30am- Level 2 & 4

10am-Level 1 & 3

10:30am-Level 2 & 4

11am-Level 1 & 3

11:30am-Level 2 & 4

Private Lessons:

Can be booked based on individual schedules and requests.

Parent & Me Sessions: 6weeks

Weds 11am OR Sat 11am

Spring: 4/10-5/18

Summer 1: 6/12-7/27

*no lesson 7/3 or 7/6

Summer 2: 7/31-9/7 member \$78

Fall: 9/11-10/19 nonmember \$93