

APPLY TODAY!

Stop by the Aquatics Desk or email: bulldogs.ss@smccd.edu to get started!



Private Instruction



All Skill Levels Welcome




Reach Your Full Potential



Fun and Safe Learning Environment

CONTACT US

 (650) 378-7383

 bulldogs.ss@smccd.edu

 College of San Mateo Athletic Center
Health and Wellness Building 5
1700 W. Hillsdale Blvd.
San Mateo, CA 94402



COLLEGE OF SAN MATEO
ATHLETIC CENTER

Your community connection to education and fitness.

MEMBERSHIP HOURS

Monday - Friday

6:00 a.m. - 8:30 p.m.

Saturday

7:00 a.m. - 5:00 p.m.

Sunday

7:00 a.m. - 2:00 p.m.

Pools close at 8:00 p.m.

Visit our website
comfit.smccd.edu



COLLEGE OF SAN MATEO
ATHLETIC CENTER

Your community connection to education and fitness.



BULLDOGS SWIM SCHOOL
AT COLLEGE OF SAN MATEO
ATHLETIC CENTER



PRIVATE SWIM LESSONS



ABOUT THE PROGRAM

Personalized Instruction for All Skill Levels

College of San Mateo Athletic Center's *Colt Swim School* is dedicated to providing students with high-quality **private instruction** that is tailored to their individual needs and level of experience. Whether the student is a beginner or an experienced swimmer, our one-on-one lessons are designed to help you improve their skills and gain more confidence in the water. We welcome swimmers of any age to enroll in private lessons.

With our private instruction, students can expect to receive feedback and guidance that is specific to their strengths and areas for improvement. We strive to help students achieve their goals, whether that is learning basic strokes or refining technique for competitive swimming.

Our highly trained staff comprises some of the most experienced instructors in the industry. All of our instructors at Cañada College Athletic Center are Red Cross certified and have a wide range of swimming and teaching experience.

PRICING

Select a Package

Bulldogs Swim School offers pricing for different packages of private swim lessons with 1:1 and 2:1 options. **Prices are per swimmer.**

1:1 Packages

In a 1:1 lesson, the instructor can provide personalized attention to the individual student and tailor the lesson to their specific needs and goals.

30-minute

# Lessons	Price
1	\$56.50
5	\$248.60
10	\$474.60
20	\$926.60

50-minute

# Lessons	Price
1	\$105.09
5	\$485.90
10	\$915.30
20	\$1,740.20

2:1 Packages

In a 2:1 lesson, the instructor is able to work with two students at once. This can be beneficial for students who may be more comfortable learning in a small group. **Semi-private package prices are per swimmer.**

30-minute

# Lessons	Price
1	\$45.20
5	\$197.75
10	\$372.90
20	\$700.60

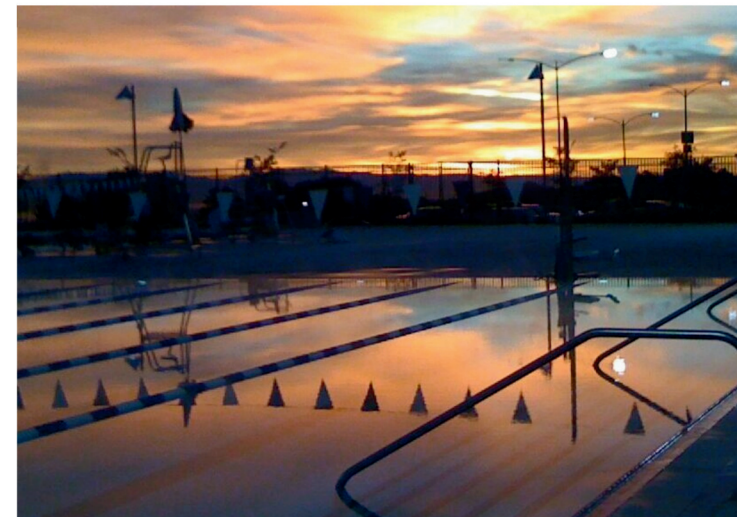
50-minute

# Lessons	Price
1	\$75.71
5	\$339.00
10	\$638.45
20	\$1,107.40

SCHEDULE

Days of Operation

Bulldogs Swim School private lessons operate from **Monday to Saturday**, offering six days of instruction. Find the perfect fit for your schedule to seamlessly integrate learning in your routine!



INSTRUCTIONAL POOL

25
yards

6
lanes



HEATED
86-88°F