

# CONTACT US

# APPLY TODAY!

Stop by the Aquatics Desk or email:  
[colts.ss@smccd.edu](mailto:colts.ss@smccd.edu) to get started!



## Quality Instruction

Our instructors are trained to work with children of all ages and abilities.




## Safety First

Expert supervision and essential water safety skills and knowledge are taught to all students.




## Fun!

We keep our students motivated with fun and engaging lessons.

 (650) 381-3576

 [colts.ss@smccd.edu](mailto:colts.ss@smccd.edu)

 Cañada College Athletic Center  
Kinesiology and Wellness Building 1  
4200 Farm Hill Blvd.  
Redwood City, CA 94061



## CAÑADA COLLEGE ATHLETIC CENTER

*Your community connection to education and fitness.*

## MEMBERSHIP HOURS

### Monday - Friday

6:00 a.m. - 2:00 p.m.  
4:00 p.m. - 8:30 p.m.

### Saturday

7:00 a.m. - 5:30 p.m.

### Sunday

7:00 a.m. - 5:30 p.m.

Visit our website

[comfit.canadacollege.edu](http://comfit.canadacollege.edu)



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## COLTS SWIM SCHOOL

AT CAÑADA COLLEGE ATHLETIC CENTER





# SWIM LEVELS



**Did you know our swim levels are named after small horses?**

LVL  
**1**

## Falabella

For our beginner swimmers, having little to no prior experience in the water.

LVL  
**2**

## Connemara

For our 4–6 year old students who are ready to start freestyle.

LVL  
**3**

## Appaloosa

For our 5–7 year old students who are ready to swim across the pool.

LVL  
**4**

## Dartmoor

For our 6–8 year old students who are ready to swim all four strokes.

LVL  
**5**

## Green I

For tryouts, please email [colts.ss@smccd.edu](mailto:colts.ss@smccd.edu)

The aim is for students to be able to perform butterfly according to USA Swimming rules, while also continuing to practice basic freestyle, backstroke and breaststroke.

## Small Group Instruction

Cañada College Athletic Center's *Colt Swim School* is dedicated to providing students with high-quality instruction that is tailored to their individual needs and level of experience.

Whether the student is a beginner or an experienced swimmer, our small group lessons are designed to help your child improve their skills and gain confidence in the water. We strive to keep a fun, safe and engaging learning environment for our students!

Colts Swim School offer five levels where your child can develop their swimming skills and learn basic strokes. Our requirements of students are **ages 3-12** and **must be potty trained**.

## Pricing

Select a package that suits your needs. Green 1 has different rates from other levels. We offer discounted rates for Cañada College Athletic Center members or SMCCD students and faculty.

**Prices are per swimmer.**

Frequency	Regular Price	CAN-AC Member	Student & Faculty
1 day/week	\$126.50	\$101.20	\$82.23
2 days/week	\$227.70	\$202.40	\$158.13
3 days/week	\$316.25	\$290.95	\$234.03
4 days/week	\$417.45	\$392.15	\$316.25

Green 1	Regular Price	CAN-AC Member
2 days/week	\$151.80	\$126.50
3 days/week	\$177.10	\$151.80
4 days/week	\$202.40	\$177.10

## Schedule

Browse our schedule of practice times and sign up for lessons today! See you in the pool!

**Mon/Wed/Fri** 3:00 p.m. – 7:30 p.m.

**Saturday** 9:00 a.m. – 3:00 p.m.