APPLY TODAY!

Stop by the Aquatics Desk, call (650) 378-7383 or email bulldogs.ss@smccd.edu For more information, visit our website at bit.ly/csm-ac-bss.

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.

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
Q. What’s your favorite part about swimming at Bulldogs Swim School?

Oksana: "It’s fun to swim here and it’s good exercise!"

Tiffany: "I like the fun and disciplined environment. People here are nice and welcoming."

Small Group Instruction

College of San Mateo Athletic Center’s Bulldogs 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!

Bulldogs Swim School offer four 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.

Did you know our swim levels are named after our favorite breeds of bulldogs?

**LVL 1**

**Alanos** Ages rec. 3-5 years

Students will enjoy classes as a fun, safe, trusting environment to explore and become comfortable in the water.

**LVL 2**

**Continents** Ages rec. 4-6 years

Students will refine their kicking, arm strokes, and the basics of side breathing. All the skills will be independent movements without assistance, but each skill will be taught in slow progression through various stages.

**LVL 3**

**Mammuts** Ages rec. 5-7 years

Students will focus on refining their freestyle, learning bilateral breathing, backstroke and elementary backstroke.

**LVL 4**

**Mastiffs** Ages rec. 6-8 years

At this level, we will be introducing the more complicated strokes; Advanced continuation of bilateral freestyle and backstroke. Learning and mastering breaststroke and dolphin kick.

**LVL 5**

**Blue I** For tryouts: email bulldogs.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.

Pricing

Select a package that suits your needs. Blue I has different rates from other levels. We offer discounted rates for CSM-AC members or SMCCD students and faculty. Prices are per swimmer.

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<th>Frequency</th>
<th>Regular Price</th>
<th>CSM-AC Member</th>
<th>Student/Faculty</th>
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<td>$115.00</td>
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<td>4 days/week</td>
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**BLUE I**

<table>
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<tr>
<td>4 days/week</td>
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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. - 8:00 p.m.
**Saturday** 9:00 a.m. - 5:00 p.m.