

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



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BULLDOGS SWIM SCHOOL

AT COLLEGE OF SAN MATEO ATHLETIC CENTER





Bulldog Testimonies

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**.

SWIM LEVELS



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

LVL Alanos *Ages rec. 3-5 years*

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

LVL Continentals *Ages rec. 4-6 years*

2 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 Mammuts *Ages rec. 5-7 years*

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

LVL Mastiffs *Ages rec. 6-8 years*

4 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 Blue I *For tryouts: email bulldogs.ss@smccd.edu*

5 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 1 has different rates from other levels. We offer discounted rates for CSM-AC members or SMCCD students and faculty. **Prices are per swimmer.**

Frequency	Regular Price	CSM-AC Member	Student/Faculty
1 day/week	\$115.00	\$92.00	\$74.75
2 days/week	\$207.00	\$184.00	\$143.75
3 days/week	\$287.50	\$264.50	\$212.75
4 days/week	\$379.50	\$356.50	\$287.50

BLUE 1	Regular Price	CSM-AC Member
2 days/week	\$138.00	\$115.00
3 days/week	\$161.00	\$138.00
4 days/week	\$184.00	\$161.00

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.