



CLAREMONT CLUB & SPA
A FAIRMONT HOTEL

WINTER 2020 AQUATICS!

Swim*Lessons

Private & Semi-Private Lessons

Adults – Children, ages 3 & up
Tailored to the individual need of each swimmer
Learn to swim in a warm teaching pool!
Elite level technique instruction:
Triathletes, Open-water, Competitive, and
Fitness swimmers

Monday through Friday 9am-6pm/ Saturday-Sunday mornings
Based on Instructor-Swimmer availability

25 Minute Private Lessons: \$45

25 Minute Semi-Private Lessons (2 swimmers)

\$30 per swimmer

\$75.00 Head Coach, Private Lesson

Kid's Swim Academy

Group swim instruction for swimmers of similar ability; Prefer schedule in advance; Space available drop-in allowed

STARFISH! 2 swimmers max - 25 Minutes: \$30.

Single Sessions: Saturday 11:00am

The Starfish Clinic is designed to acclimate children to the water and prepare them for future swim lessons. Focus is on skills such as floating on back, rolling from front to back float, blowing bubbles, submerging face in water, kicking, jumping in, and treading water.

SEAHORSES! 3 swimmers max - 25 Minutes: \$30.

Single Sessions: Wed. 3:30pm, Thurs. 4:30pm,

Saturday 10:00am

The Seahorses Clinic is designed for young kids who are beginning to learn how to swim. Kids practice holding their breath, kicking with side breathing, streamlines, and proper arm strokes. They are introduced to swimming short distances of freestyle and backstroke.

DOLPHINS! 3 swimmers max - 25 Minutes: \$30.

Single Sessions: Tuesday, Thursday 4:00pm

Saturday 9:00am

The Dolphins Clinic is for kids who are water- safe, able to submerge their head & hold their breath, jump off the side and swim short distances. Kids are introduced to butterfly, backstroke, breaststroke, & freestyle drills & strokes & proper breathing technique. Swim Team Prep.

ALTS: Adult Learn to Swim– 3 swimmers, 30 Min.

Friday 1:00pm, Saturday 11:00am - \$30.

The ALTS Clinic introduces adults to the water in a small group environment. Breathing, floating, kicking, treading water and swim strokes. 2 swimmer minimum.



The Club Streamliners

Year Round Swim Practice!

STREAMLINERS! (Ages 5&up) Learn swim racing fundamentals; develop stroke technique, starts, turns, interval training and dry-land conditioning.

Recommend 3 practices per week.

Mon, Wed, Fri.: 3:45pm – 4:45pm

Saturday 12:00-1:00pm

\$100 per month, 2nd child \$90

NEPTUNES! (Tween & Teenagers)

Coached practice; 4 strokes; club swim conditioning

Monday through Friday: 4:45pm – 5:45pm

Saturday 1:00-2:00pm

\$100 per month, 2nd child \$90

Adult Swimming

Ages 18 & up * All levels welcome! Novice to the competitive swimmer or triathlete *On deck coached group practices * 4 strokes technique, injury prevention, endurance swim training * Great cardiovascular fitness & club camaraderie!

Monday, Tuesday, Wed., Friday 6:30am–7:30am

Tuesday & Thursday 8:00am-9:00am Stroke Clinic

Monday, Wednesday & Friday 10:00am–11:00am

Monday, Wednesday, Thursday 6:00pm–7:00pm

Saturday 2:00pm-3:00pm

No Program Fee

Must be a registered member of U.S. Masters Swimming:

****USMS Registration:**

<http://www.usms.org/reg/register.php?LMSCID=38&ClubPermID=2114>

STREAMLINERS (Club Code: LNRS)



For Aquatics Inquiries, please contact:

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