



**lake  
shore**  
LINCOLN PARK **SF**

# AQUATICS

Swimming is a great activity to build confidence, self-esteem, and skills that will last a lifetime. We offer both a comprehensive lesson program for children 6 months to 14 years old and private lessons for children of all ages.

## GROUP CLASSES

Classes are offered at ideal times every day and are an excellent way to build life-long bonds and friendships while developing social etiquette. Group classes provide an environment where healthy competition between swimmers can encourage them to work harder to improve their swimming technique, endurance, and speed.

*The Aquatics Department allows one make-up class per session with at least 48-hour notice to reschedule these classes, pending availability. Absences must be reported via email to [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com).*

## PRE-PAID PRIVATE LESSONS

Lessons can be geared toward swimmers who need more individualized attention or have trouble staying on task in group classes. Private lessons allow instructors to personalize goals and objectives specific to the swimmer.

*Pre-Paid Privates are booked per session according to the 10-week session calendars (Fall, Winter I, Winter II, Spring, Summer) and will be billed upfront to guarantee your lesson spot for the entire session. When you book a Pre-Paid Private you are securing your day, time, and instructor for the entire session. Pre-Paid Private lessons are non-refundable and non-transferable. Due to high demand, we allow one make-up class per session to be scheduled with your instructor based on availability.*

### Spring

March 23-May 31

*No classes 5/25*

### Summer 1

June 1-July 12

### Summer 2

July 13-August 23

**Enroll online at [MyLSF.net](http://MyLSF.net)  
or through the MyLSF App.**

*Services paid for with a credit  
or debit card will incur a 4%  
convenience fee.*

## Parent & Child (6 months-3 years) 1:10 ratio

Designed for our youngest swimmers and a trusted adult, this class offers an opportunity to create a stronger sense of security between you, your child, and the water through songs and interactive coaching. Our instructors create a fun and comfortable environment that allows your child to quickly become acclimated to the water.

## Learn to Swim (3 years-Kindergarten) 1:4 ratio

An entry-level class that is intended to provide swimmers with simple water familiarity and basic body control in the water, such as back and front floats, breathing, and feeling comfortable going underwater. Your swimmer will also receive an introduction to flutter kicking which is the basis for both Backstroke and Freestyle. This class serves as a basis for all future development in the water.

## Level 1 (Kindergarten-8th Grade) 1:6 ratio

In this first of three levels of swim classes, your swimmer will master putting their head under-water, strengthen flutter kicking, and be introduced to arm techniques for Freestyle and Backstroke. They will improve streamline position and body control and strengthen their ability to jump into the water and return to the wall independently.

## Level 2 (Kindergarten-8th Grade) 1:6 ratio

In this second level of swim classes, your swimmer will further develop their skills by improving flutter kicking while being introduced to kicking in Breaststroke and Butterfly. Additionally, your swimmer will increase fluidity of Freestyle and Backstroke arm functions and learn side-breathing as well as improving the streamline and begin working on flip turns.

## Level 3 (Kindergarten-8th Grade) 1:6 ratio

In the most advanced level of group classes, your swimmer will learn the remaining essentials in kicks and arm movements. Your swimmer will focus on mastering kicking in all four strokes, while improving Backstroke and Freestyle arm drills and begin to develop arm functions for Butterfly and Breaststroke. Lastly, we'll work on full flip turns and introduce your swimmer to diving. This final class helps to work on areas inside the strokes that will contribute to a swimmer's preparation for our Stingrays swim team.

## Team Swim (Kindergarten-8th Grade) 1:8 ratio

In this level your child will bridge the gap between our level 3 class and our Stingrays team. Classes will be held in the lap pool, swimmers will work on endurance and distance swimming, competitive terminology, and swim team drills. Participants must have completed or be currently enrolled in level 3 and demonstrate all 4 strokes (freestyle, backstroke, breaststroke and butterfly) or meet with the Aquatics team to determine if they are a good fit.

Private Lesson	30 Mins	45 Mins	60 Mins
<b>Pre-Paid Privates</b> (6-week session)	<b>\$300</b>	<b>\$450</b>	<b>\$600</b>
<b>Flex A-la carte</b>	<b>\$60</b>	<b>\$80</b>	<b>\$120</b>

  

Semi-Private Lesson	30 Mins	45 Mins	60 Mins
<b>Pre-Paid Semi Privates</b> (6-week session)	<b>\$270</b>	<b>\$300</b>	<b>\$360</b>
<b>Flex A-la carte</b>	<b>\$50</b>	<b>\$65</b>	<b>\$80</b>

**Semi-private lesson pricing is per child.**

**Prices above listed for current LSF Members.**

**Aquatics programming is available to LSF members only.**

## PRICING (6-week session)

Parent & Child/Learn to Swim	\$198
Levels 1-3 & Team Swim	\$210

## LESSON SCHEDULE

### Monday

Learn to Swim	4:00-4:30pm
Level 1, 2 & 3	4:30-5:15pm
Level 1 & 2	5:15-6:00pm

### Tuesday

Learn to Swim	4:00-4:30pm
Level 1 & 2	4:30-5:15pm
Level 2 & 3	5:15-6:00pm

### Wednesday

Learn to Swim	4:00-4:30pm
Level 1 & 2	4:30-5:15pm
Level 1, 2 & 3	5:15-6:00pm

### Thursday

Learn to Swim	4:00-4:30pm
Level 1 & 2	4:30-5:15pm
Level 2 & 3	5:15-6:00pm

### Saturday

Parent/Child & Learn to Swim	9:00-9:30am
Learn to Swim	9:30-10:00am
Level 1 & 2	9:30-10:15am
Level 2	10:15-11:00am
Level 3 & Team Swim	11:00-11:45am
Level 1	11:30-12:15pm

### Sunday

Parent/Child & Learn to Swim	9:00-9:30am
Learn to Swim	9:30-10:00am
Level 1	9:30-10:15am
Level 2	10:15-11:00am
Level 3 & Team Swim	11:00-11:45am
Learn to Swim	11:30-12:00pm

*\*All swimmers under age 3 and older swimmers who are not potty trained are required to wear a reusable swim diaper.*

*\*\*For sessions where there are holidays, rates will be pro-rated to the appropriate number of classes.*