

Regular Lesson Fees

Lesson Type	Member	Non-Member
Private Lessons	\$120.00	\$135.00
Group Lessons	\$90.00	\$110.00
Adult Fitness Swim	\$50.00	\$60.00
Jr. Swim Team	\$65.00	\$75.00
Water Babies MWF	\$45.00	\$55.00
Water Babies TTH	\$35.00	\$45.00
Sport Camp Lessons	\$45.00	\$55.00

REFUND POLICY

There are no make-up lessons. Cancellations made less than 14 days prior to lesson will not receive refund. All others will be charged a 20% processing fee. All cancellations must be submitted in writing to the Aquatics Dept.

Early Bird Registration
!0% discount on all lessons
 Members : March 1- March 26
 Non-members: March 16 -March 26



For additional information
 please call the
 Aquatics Dept. at 521-5416 ext. 113
 Fax Number 510-521-5535

IMPORTANT INFORMATION

- All students will meet their instructor at the steps near the lifeguard chair.
- Students should not enter the water until their instructor is present.
- No swim aids are permitted. Goggles are optional, but helpful, if your child is hesitant to put his/her face in the water.
- We encourage parents to watch the lessons, but ask that they *observe from a discreet distance.*

Information For Non-Members

- All non-members must have a Swim Card to enter the club for each lesson. Cards should be obtained at the first lesson. Leave your card at the front desk when arriving and pick it up when you leave.
- Non-members must leave the pool immediately after their lesson.
- Siblings accompanying non-member students are not permitted to use the pool.

SIGN-UP FORM
Check desired session and time

Spring / Fall Group Lessons	
SESSION (<u>Check one</u>)	Time (<u>Check one</u>)
Spring 1/ May 3-14 _____	Pre-Beg/Beg @4:00 _____
Spring 2/May 17-28 _____	Beg/Adv Beg@4:30 _____
Fall / Aug23-Sep3 _____	

Summer Group Lessons	
SESSION (<u>Check one</u>)	TIME (<u>Check one</u>)
Summer 1/ Jun 14-25 _____	Pre-Beg @11:00 _____
Summer 2/*Jun 28-Jul 9 _____	Beg @12:00 _____
Summer 3/ Jul 12-23 _____	Beg @ 2:00 _____
Summer 4/Jul 26-Aug6 _____	Beg/Adv Beg @ 2:30 _____
Summer 5/ Aug9-20 _____	Beg/Adv Beg @ 3:30 _____
	Beg/Adv Beg @ 5:00 _____
	Beg/Adv Beg @ 5:30 _____
*10% discount for Jul 4th	

Water Fun (Summer sessions ONLY)	
<u>Water Babies (Check one)</u>	
MWF—11:30-12:00 _____	TTH—6:00-6:30 _____
<u>Adult Fitness (Summer Sessions 1 & 3 Only)</u>	
Tues. & Fri.— 8:00-9:00 _____	
<u>Swim Team (Mon-Fri — 4:00-5:00)</u>	
June _____	July _____ August _____

Private Lessons
Private Lessons are by appointment only. A pink Private Lesson Sign-up Form can be picked up at the front desk or at the Aquatics office. Our instructors will call you to schedule your lessons, as closely as possible, to the time and dates you specify.

How did you hear about HBC Summer Swim Program Member? _____ Return Student? _____
 Other? _____

For additional information
 please call the
 Aquatics Dept. at 521-5416 ext. 113
 Fax Number 510-521-5535

WAIVER

I, the undersigned, certify that I am the legal Parent/Guardian of named participant, and that he/she has my permission to participate in this activity.

I agree to assume full responsibility for any injuries incurred by him/her in connection with this activity.

Should a medical emergency arise, the Parent/Guardian will be notified immediately. If the undersigned is not available for consultation, permission is granted for the Harbor Bay Club Staff to obtain medical treatment as deemed necessary.

The undersigned, in consideration of participation in this activity, agrees to indemnify and hold Harbor Bay Club harmless and release its offices, employees and agents from any liability for any injury arising out of or in any way connected with participation in this activity. I further understand that Harbor Bay Club does not carry medical insurance.

I have read and understand the policies and conditions of this agreement and signify my agreement and approval with my signature.

SIGNATURE OF PARENT/GUARDIAN

From time to time HBC may desire to use a picture of your child captured during swim lessons. We will not publish your child's name in conjunction with the picture. Please check this box if you do not want your child's picture used.

Please Fill Out One Form Per Person

APPLICATION

Child's Name _____

Age _____

Child's HBC Member # _____ Non-Mem _____

Parent (s)/Guardian Name _____

Address _____

City _____ State _____ Zip _____

Phone (#1) _____

Phone (#2) _____

E-mail _____

Method of Payment:

HBC Member acct. # _____ Check # _____

Charge Card _____

Card # _____ Exp. _____

Authorized Signature _____

Date _____

QTY	Lesson Type	Member	Non-Member	Amt
	Group Lessons	\$90.00	\$110.00	
	Adult Fitness Swim	50.00	60.00	
	Jr. Swim Team	65.00	75.00	
	Water Babies MWF	45.00	55.00	
	Water Babies TTH	35.00	45.00	
	Sport Camp Lessons	45.00	55.00	
	Private Lessons	120.00	135.00	

Total _____

Instructor _____

Learn To Swim Classes

Children – Group Lessons

Cost: Members: \$90.00 Non-mem: \$110.00
2 week Sessions Mon–Fri 30 min.

Pre-Beginner – Geared toward students with no previous lesson experience, primarily 3-4 yr. olds. Emphasis is on gaining confidence and learning primary skills.

Beginner – Geared toward students who are comfortable in the water. Best suited for ages 4 and up. Students will learn basic swimming skills, with the emphasis on progressing to advanced swimmer status.

Advanced-Beginner – Geared toward swimmers who can swim the length of the pool with correct breathing. The focus is on learning all four strokes and improving the swimmer's technique and endurance.

HBC Sport Camp Lessons

Cost: Members: \$45.00 Non-mem: \$55.00
1 week sessions Mon.–Fri. 30 min.

Available to campers registered in [Little League Camp Only](#). One week sessions concurrent with Camp enrollment. Classes are at 3:00 right after camp. Camp counselors will escort Campers to the pool. Parents must arrange for pick-up after class.

Private/Semi-Private Lessons

Cost: Members: \$120.00 Non-mem: \$135.00
By appointment 5 x 30 min. lessons

Private – one student per instructor;

Semi-private – two students per instructor.

Available for children and adults. Only our most experienced instructors teach these lessons. Pink sign-up forms are available at the front desk and the Aquatics office.

Water Fun Classes

Water Babies

Cost: MWF Members: \$45.00 Non-mem: \$55.00
TTH Members: \$35.00 Non-mem: \$45.00

2 week sessions MWF & TTH
30 min each class

This class is for Moms, Dads, or a significant adult and the infant or toddler in the family. Through the use of songs, games and various types of water play, our instructors help you teach your child to become comfortable in the water and learn some pre-swimming skills. This is a wonderful way for parents and children to experience the fun of the pool together.

Adult Fitness Swim

Cost: Members: \$50.00 Non-mem: \$60.00
2 week sessions Tues & Fri 60 min.

Targeted toward adult swimmers. The focus of this class is on improving conditioning and learning proper technique in all four strokes. This is a great class for those wishing to gain all the benefits a swim workout has to offer.

Jr. Swim Team

Cost: Members ; \$65.00 Non-mem: \$75.00
Monthly Sessions Mon–Fri 60 min.

For children 6 & over who can swim the length of the pool with correct breathing. Swimmers experience the team camaraderie, improve conditioning and sharpen their skills with our top coaches. One inter-squad swim meet will be held.



A child, age 6 or over, must be an active HBC member to receive the Member price for Lessons

About Our Program

All classes are taught by our highly qualified and experienced instructors. We put an emphasis on learning to swim in a nurturing atmosphere and combine it with progressive skill instruction. Our Instructor/student ratio is four students to one instructor in our group lessons. This ratio provides more individualized instruction for all our students. All of our Instructors are Red Cross certified and all have been chosen carefully for their experience, enthusiasm and ability to work with children. We look forward to giving your children the skills necessary to enjoy swimming for a lifetime.

Harbor Bay Club Aquatics 2010 Class Schedule



Learn to swim in a fun and
motivating environment!

(510) 521-5414 ext. 113
www.harborbayclub.com

Harbor Bay Club
200 Packet Landing Rd.
Alameda, CA 94502