

Learn to Swim BETTER
2018 Schedule
30 minute classes

June 18-22	M-F 2:30-5:30
June 25-29	M-F 2:00-5:30
July 2-6	M,T,TH,F TBD
July 9-13	M-F 2:00-5:30
July 16-20	M-F 2:00-5:30
July 23-27	M-F TBD
July 30-August 3	M-F 2;00-5:30
August 6-10	M-F 2:00-5;30
August 13-17	M-F 2:00-5:30

Work on your swimming at
Mt. Tam Racquet Club

Sign up starting April 17th

One week sessions/all levels
5/30 minute group lessons daily Mon.-Fri.
3 children in a group for minnows, starfish and
beginner dolphins,4 children in advanced levels
Offered every 30 minutes
\$100 members \$110 Non-Members
Ages 4+ to 104!

Private lessons also available all levels and for
3year olds too!

Cancellation Policy

Advance payment required

There is no refund for cancellations
within 48 hours

There are no make-ups lessons for our
Learn to Swim program so
pick a week you can come everyday

To our swimmers

Enjoy your lessons at MTRC

Mt. Tam is a private club.

Non- members are not permitted to use our fa-
cility before or after swim lessons

Please observe our pool Rules.

Shower before entering the pool
Children must be 5 to use the hot tub.

To reserve your lesson time please indicate your
child's age and swimming ability call Tish at
924-6226 X32 or

email: tishb@mttamrc.com

Checks payable to Tish Borden

Mt. Tam Racquet Club
1 Larkspur Plaza Drive
Larkspur, Ca. 94939

About our program

Classes are for children 4 and up.
Minnow, starfish, beginner dolphin classes are lim-
ited to 3 children per Instructor and swimmers are
grouped according to ability and usually age.



Minnows are not yet comfortable with
Putting their face in the water and are not
Swimming independently.



Starfishes put their faces in the
water and move but are still working
on taking a breath, floating on their
backs and are starting to learn
elementary backstroke and breaststroke.



Dolphins are working on the basics of
the 4 strokes with most of the focus on
freestyle. They can swim 1/2 length with
some stroke technique



Rays are advanced dolphins

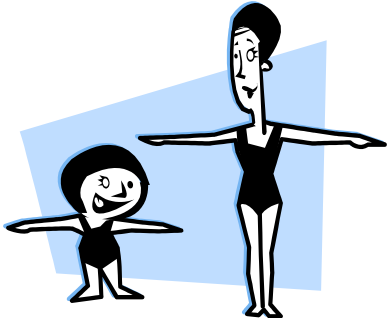


Sharks work on all 4 competitive strokes
and turns. A good fit for a
more experienced swimmers.

Our program emphasizes stroke
technique as well as water safety.
Our classes are mostly taught in our
outdoor pool except for the dolphins,Rays
and sharks who swim in our
25 meter indoor pool.

About our instructors:

Our instructors, all have many years
of experience teaching children and are
all avid swimmers themselves. They
hold various certifications such as
American Red Cross WSI , AEA, CPR,
and are lifeguard trained. Each teacher
is committed to teaching your child
more about swimming.



Mommy (Daddy) & ME

Sign up starting May 1st

A class for children

6 months thru 3 years old.

Teaches parents how to teach
their children

pre-swimming skills and safety.

4/30 minute parent/child classes

\$60members

\$70 Non-members

**All Classes are held in our
outdoor pool**

Checks made

payable to:

Tish Borden

To sign up for Mommy & Me

Please call

924-6226X32

Or email tishb@mttamrc.com

Advanced payment required.

Mommy (Daddy) & ME Schedule 2018

#1

June 16,17,23,24

Sat/Sun 10:30-11:00

#2

July 7,8,14,15

Sat/Sun 10:30-11:00

#3

August 4,5,11,12

Sat/Sun 10:30-11:00



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Schedule for 2018

