

**Learn to Swim BETTER
2017 Schedule**
30 minute classes

June 12-16	M-F 2:30-5:30
June 19-23	M-F 2:00-5:30
June 26-June 30	M-F 2:00-5:30
July 3-7 (4 days)	M-F 2:30-5:30
July 10-14	M-F 2:00-5:30
July 17-21	M-F 2:00-5:30
July 24-28	M-F 2:00-5:30
July 31-August 4	M-F 2:00-5:30
August 7-11	M-F 2:00-5:30
August 14-18	M-F 2:00-5:30

Work on your swimming at
Mt. Tam Racquet Club

Sign up starting April 15th

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
\$95 members \$100 Non-Members
Ages 4+ to 104!
Private lessons also available all levels and for
3 year 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!

For the safety and enjoyment of all who use our
facilities,

Please observe our pool Rules.

Shower before entering the pool

Children must be 5 to use the hot tub.

Mt. Tam is a private club.

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

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

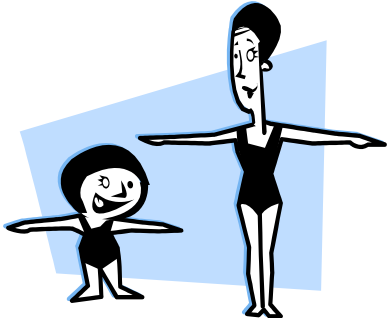
Sharks work on all 4 competitive strokes
and turns. A good fit for a
more experienced swimmers.

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 2017

#1

June 10,11,17,18

Sat/Sun 10:30-11:00

#2

July 11-14

Tues-Fri

11:30-12:00

#3

July 15,16,22,23

Sat/Sun 10:30-11:00

#4

August 1-4

Tues-Fri

12:30-1:00



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Schedule for 2017

