

LCFCC Swim Academy

EFFECTIVE JANUARY 1, 2024

5500 GODBEY DRIVE
LA CANADA, CA 91011

LESSON LEVELS

Beginner Level - Minimum Age 3

Beginner swimmers work on basic submersion of the face in water, bubble blowing, proper inhaling and exhaling in the pool, kicking, and beginning to move their arms with supports. These swimmers also work on back floating and kicking on their back. Beginner lessons are 25 minutes in length.

Intermediate Level - Minimum Age 5

Swimmers at the intermediate level progress from kicking independently and learning to move their arms with assistance, and kicking independently on their back, to being able to swim freestyle, backstroke, and butterfly. Swimmers will also begin the process of learning how to dive, starting with confidently jumping in the pool. Intermediate swimmers progress from swimming short distances to swimming longer distances in the lanes. Intermediate lessons may be 30 or 45 minutes in length.

Advanced Level - Minimum Age 5

Advanced swimmers work on progressing their stroke technique, swimming further distances, improving speed, technique, endurance, and learning flip turns. They will also progress their dives to standing dives, and eventually work on diving off of the block. Advanced lessons may be 30, 45, or 60 minutes in length.

COVID-19 SAFETY INFORMATION

To mitigate contact between coaches and student swimmers during the ongoing COVID-19 Pandemic, children who are water safe will receive instruction from coaches on the deck. For children who are unable to stand in the shallow end and/or who are unable to maintain distance safely from instructors in the water, we may require parent participation during lessons, or ask that swimmers wait until they are able to do so before participating in swim lessons. Children who are exhibiting signs of illness during their swim lesson will have their lessons cancelled without refund.

Sharks Swim Team participants save 10% on all lessons!

**Book online at
swimlcf.as.me**

PRIVATE LESSONS

25/30 MINUTE LESSON - \$44

45 MINUTE LESSON - \$60

60 MINUTE LESSON - \$72

SEMI-PRIVATE LESSONS (2-3 KIDS)

SEMI PRIVATE LESSON INFORMATION

Semi-Private lessons at LCFCC are designed to provide instruction to all swimmers in the lesson for the duration of the lesson. We try not to switch back and forth between swimmers. Therefore, we ask that all swimmers in the lesson be at the same level. We do not form groups or pairs for semi-private lessons and ask that you form a pair or group with a family member or friend prior to booking.

30 MINUTE LESSON - \$33/CHILD

45 MINUTE LESSON - \$44/CHILD

60 MINUTE LESSON - \$55/CHILD

NON-MEMBER FEE

There is an additional \$11 fee per child per lesson for those who are not active members of LCFCC.

CANCELLATION POLICY

Individual Lessons: If you book online at swimlcf.as.me, you may cancel up to 24 hours in advance without penalty. Any lessons cancelled less than 24 hours in advance will incur a charge of the full lesson rate.

Recurring Lessons: Recurring lessons are those scheduled on a weekly basis, on the same day and time each week. Generally these lessons are booked by reaching out to us via email, or via a recurring lesson sign up form sent out each season. Families are allowed to cancel or reschedule up to 2 recurring lessons per calendar quarter. Any cancellations in excess of 2 per calendar quarter will be charged the full lesson rate, regardless of how far in advance the cancellation is. If you would like to discontinue your weekly recurring time slot prior to the agreed upon date, we require at least 1 month advance notice, so that we may fill the spot.

READY TO SCHEDULE? Have a question? We're here to help!
Email us at swimteam@lcfcountryclub.com



LCF Country Club 2024 Swim Academy

PRIVATE SWIM LESSONS

Have your children learn five times faster with one-on-one instruction. For beginner swimmers, emphasis is on safety skills, floating, beginning strokes, breathing and fun in the water! Intermediate/advanced swimmers will work on proper stroke style and endurance. Lessons are available for swimmers age 3 and up. Beginner lessons are 25 minutes in length, while more advanced swimmers can select between 30, 45, and 60 minute lessons.

SEMI-PRIVATE SWIM LESSONS

Ideal for children who have acquired the basic water safety skills through private lessons and are beginning to learn their strokes. Semi-private lessons allow for children to share a 30, 45, and 60 minute class with 1 to 2 other children of the same age/skill level. Please note that due to varying schedules between families, we are unable to pair kids up for semi-private lessons and ask you to form a group or pair on your own. This is a great option for friends or family members with kids that swim at the same level.

GROUP SWIM LESSONS

Perfect for children who learn better in a group setting! Offering different skill level classes, it gives participants the essentials of establishing good swimming technique with an introduction to the four strokes. We require at least five swimmers for group classes. Group classes are scheduled in June & July. Please email us at swimteam@lcfcountryclub.com for times and registration information. Offered to children 5 years and up* who are water safe and comfortable in the water without an adult.

FALL & SPRING GROUP STROKE LESSONS

Our Fall and Spring stroke lessons are a great opportunity for previous Sharks and those looking to join the team this summer to advance their skills. Returning Sharks will work on improving strokes and technique and getting back in shape for the summer. Group Stroke Lessons take place various days throughout the week, typically between 5 and 6 PM. Each day has a 'focus stroke' and we require that each swimmer have basic knowledge of the focus stroke of the day to participate on that particular day. Additionally, swimmers must be water safe and comfortable swimming in the deep end without assistance. Swimmers can sign up for individual days that work for their schedule and stroke preferences online at swimlcf.as.me/strokeclinics. Stroke Clinics are available in the Fall and Spring only.

LCF Country Club 2024 Swim Team

JUNIOR SHARKS - Available to LCFCC Members Only

Junior Sharks will start on April 29th! Our Junior Sharks program is designed for swimmers who are water safe but lack the confidence and/or skill to swim across the pool for several laps. Jr. Sharks will work with one of our coaches for 5 weeks in an attempt to get them comfortable enough to join the Sharks Swim Team in week 6 of the season. Practices will be held from 4:15-5:00, Monday through Friday, April 29th through May 30th. Jr. Sharks participants must have taken at least one private lesson at LCFCC no later than April 15th to evaluate skill level and ensure they are ready to begin the Jr. Sharks program. Please sign up at lcfsharks.swimtopia.com no later than April 16th. Jr. Sharks is limited to 12 kids. Please sign up early!

SHARKS SWIM TEAM - Available to LCFCC Members Only

Our Sharks Swim Team is designed for swimmers from age 4 through 17 who love swimming and are ready to take their swimming skills to the next level. Participants should have a basic understanding of freestyle and backstroke, and be able to swim at least 1 full lap of each stroke unassisted (swimmers age 9+ must be able to swim 2 laps of each stroke). Practices focus on endurance, technique, and speed, and swimmers compete at swim meets on Saturdays in June and July. Swimmers must commit to attending at least two practices per week, and three swim meets, including the Final Swim meet on 7/20, over the course of the season. Registration for swim team opens on March 1st. Swimmers who did not swim on the team in 2023 must take a private lesson at LCFCC prior to registration, so that we can make sure they are at an appropriate level to join the team. Space is limited to 115 swimmers. Please sign up early!

SHARKS PRACTICE DATES AND TIMES

April 29th through June 6th

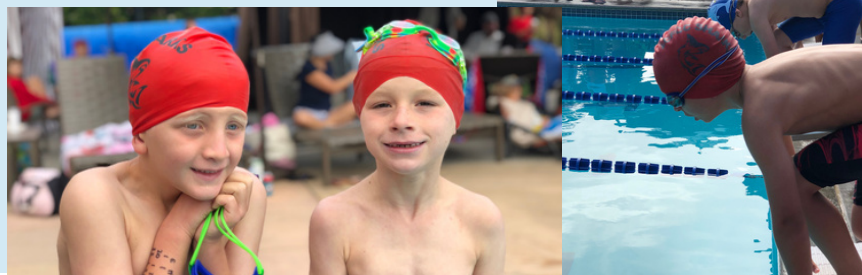
Practices will be held Monday through Friday. Swimmers age 8 and under may attend practice from 5:00 PM-5:45 PM or 5:45 PM-6:30 PM. Swimmers age 9 and over may attend practice from 5:45 PM PM-6:30 PM or 6:30 PM-7:15 PM.

June 10th through July 19th

Evening practices will be held Monday through Thursday from 5:15-6:15 for swimmers age 8 and under and 6:15-7:15 for swimmers age 9 and up. Additionally, a morning practice for all ages will be held Monday through Friday from 8:30 AM-9:30 AM.

SHARKS MEETS AND IMPORTANT DATES

Meets begin Saturday June 8th. The final meet is July 20th. Meets are held weekly with the exception of July 6th. Swimmers are expected to be on the pool deck by 7 AM on meet days. Swimmers must attend three meets over the course of the season, including the last meet on 7/20/24. We will celebrate your swimmer's accomplishments at our end of season banquet on July 21st!



La Canada Flintridge Country Club 2024 Swim Academy Information

SHARKS REGISTRATION

Registration opens online at lcfsharks.swimtopia.com on March 1st, 2024 and will stay open until April 28th or until we reach 115 swimmers, whichever comes first. Registration is \$400 per child for new swimmers and \$375 for swimmers who participated on the team in 2023 and met all participation requirements. Children must be listed on an active LCFCC membership to participate. All registrations after April 15th are subject to a \$50 late registration fee. Swimmers registered after April 15th will not receive a team shirt or personalized cap. The Sharks registration fee includes a team suit, cap, shirt, league fees, banquet for the swimmer only (parents and siblings may attend for an additional fee), and all practices. An informational meeting will be held for parents on 2/28 at 7:30 PM.

JR. SHARKS REGISTRATION

Jr. Sharks registration will open on lcfsharks.swimtopia.com on March 1st, 2024 and will stay open until April 15th, or until we reach 12 swimmers, whichever comes first. Registration is \$200 per child. Any swimmer that develops the skills to advance to the Sharks Swim Team by June 6th will automatically be moved up and the additional \$200 registration fee will be charged at that time.

MEMBER PRIVATE LESSONS

25 or 30 Minute Private: \$44

45 Minute Private: \$60

60 Minute Private: \$72

NON-MEMBER PRICES:

Additional \$11 per lesson, per child

MEMBER SEMI-PRIVATE LESSONS

(prices are per child)

30 minute Semi-Private: \$33

45 minute Semi-Private: \$44

60 minute Semi-Private: \$55

GROUP STROKE LESSONS (Fall/Spring Only)

Members: \$10/lesson

Non Members: \$15/lesson

Group Classes

Beginner, Intermediate, and Advanced group lessons are available throughout the summer for \$150/session for members or \$200 for non-members. Each session includes 5 45 minute group classes, held Monday through Friday. Please reach out for upcoming session information. We require a minimum of 5 swimmers per session.

Participating in Camp Cañada?

Campers can participate in swim lessons during their designated time at the pool during the camp day. Space is extremely limited. If you're interested in lessons during this time slot, please book early!

COVID-19 CONSIDERATIONS

LCFCC provides swim lessons to children ages 3 and older at a variety of skill levels, from those just learning to swim to those who are ready to work on their stroke technique and endurance at a competitive swimming level. To mitigate contact between coaches and student swimmers during the ongoing COVID-19 Pandemic, children who are water safe will receive instruction from coaches on the deck. For children who are unable to stand in the shallow end and/or who are unable to maintain distance safely from instructors in the water, we may require parent participation during lessons, or ask that swimmers wait until they are able to do so before participating in swim lessons. Any child who is exhibiting symptoms of illness including but not limited to fever within the preceding 24 hours, coughing, sneezing, runny nose, or upset stomach will have their lesson cancelled to ensure the safety of our instructors and other members.

Please contact Lexie Dreyfuss at swimteam@lcfcountryclub.com for Swim lesson and Sharks information. For additional information on the Sharks swim team please go to www.lcfsharks.swimtopia.com.