



THE CLUB  
AT THE CLAREMONT



## AQUATICS PROGRAMS

### SWIM LESSONS

#### Private & Semi-Private Lessons

- Adults – Children, suggest ages 3 & up
- Tailored to the individual need of each swimmer
- Learn to swim in a warm teaching pool!
- Elite level technique instruction:  
Triathletes, open-water, competitive,  
and fitness swimmers

**Monday-Friday:** 12:00pm-7:00pm

**Saturday-Sunday:** 9:00am-3:00pm

*Based on Instructor-Swimmer availability*

**30 Minutes Private Lessons:** \$50

**30 Minutes Semi-Private Lessons**  
(2 swimmers): \$35 per swimmer

**Head Coach, Private Lesson 45-60 Minutes**  
Under Water Video & Coaching: \$125

### CERTIFICATIONS & TRAININGS

**Lifeguard Certification Class:** \$400

Confirm dates with Aquatics Office

**Junior Lifeguard Training:** \$30

Pool Safety, CPR & First Aid training  
Confirm dates with Aquatics Office

**Red Cross CPR/First Aide:** \$200

Confirm dates with Aquatics Office

**Red Cross Water Safety Instructor (WSI) Training:** \$600

Confirm dates with Aquatics Office

**For Aquatics Inquiries, please contact:**

(510) 549-8517, ext. 277 Aquatics Director/Head Coach, Ahelee Osborn, [ahelee.osborn@claremontresort.com](mailto:ahelee.osborn@claremontresort.com)





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### STREAMLINERS SWIM TEAM

**Year Round Swim Practice!**

Learn swim racing fundamentals; develop swim stroke technique, build endurance, starts, turns, interval training and dry-land conditioning: \$250/Additional swimmer \$200

#### **Practice Sessions:**

##### **Monday through Friday**

Younger 10 & Under Swimmers

3:45pm Drop-off

4:00-5:00pm Swim

Older 10 & Over Swimmers

5:00pm-6:00pm Swim

##### **Saturday**

All Streamliners Kids together

2:45 Drop-off

3:00-4:00pm Swim

### ADULT STREAMLINERS

**All levels welcome!**

- From novice to the competitive swimmer or triathlete
- On deck coached group practices
- 4 strokes technique, injury prevention, endurance swim training
- Great cardiovascular fitness & club camaraderie!
- Complimentary Adult Club Programming

#### **Practice Sessions:**

**Monday, Thursday, Friday**

11:00am-12:00pm Swim

**Wednesday:** 11:00am-12:30pm

**Monday, Wednesday:** 6:00pm-7:00pm

**Saturday:** 4:00pm-5:00pm

Must be a registered member of U.S. Masters Swimming:

\*\*USMS Registration:

<http://www.usms.org/reg/register.php?LMSCID=38&ClubPermID=2114>

STREAMLINERS (Club Code: LNRS)



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