



THE CLUB
AT THE CLAREMONT



AQUATICS PROGRAMS

Summer 2024

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: \$350

Junior Lifeguard Training: \$30

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

Red Cross CPR/First Aide: \$150

Confirm dates with Aquatics Office

Red Cross Water Safety Instructor (WSI) Training: \$350

Confirm dates with Aquatics Office

For Aquatics Inquiries, please contact:

(510) 549-8517, ext. 277 Aquatics Director/Head Coach, Ahelee Osborn, ahelee.osborn@fairmont.com



THE CLUB
AT THE CLAREMONT

AQUATICS PROGRAMS

Summer 2024



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)



For Aquatics Inquiries, please contact:

(510) 549-8517, ext. 277 Aquatics Director/Head Coach, Ahelee Osborn, ahelee.osborn@fairmont.com