

SHARKS SWIM SCHOOL

SWIM SCHOOL - ADAPTIVE AQUATICS FAQ



Welcome to the Sharks!

THE SHARKS SWIM SCHOOL OFFERS LESSONS FOR SWIMMERS 3YRS+. AT THE SHARKS, OUR PROGRAM MEETS SWIMMERS WHERE THEY ARE AT ANY AGE OR ABILITY LEVEL. PROGRAMS FOCUS ON SAFETY, CONFIDENCE, AND STRONG TECHNIQUE IN A SUPPORTIVE, ONE-ON-ONE OR SMALL-GROUP SETTING.

SWIM SCHOOL PROGRAMS

- SMALL GROUP LESSONS (AGES 3+)
- PRIVATE LESSONS (AGES 3+)
- ADULT PRIVATE LESSONS
- ADAPTIVE PRIVATE LESSONS

SMALL GROUP LESSONS

PRIVATE LESSONS

ADAPTIVE LESSONS

ADULT LESSONS



Group Lessons - FAQ

Session-based swim lessons

- Small group classes are offered in 4,6, or 8 classes.
- At FHS, new LTS sessions begin each month.
- At CCLA & Landing Blvd, new LTS sessions begin weekly
- Throughout the year, drop-in lessons are offered when we have available pool space. Drop-in lessons are 1 off classes that need to be registered for individually.
- Group classes are \$20.50/class, and each swimmer has an annual registration fee of \$45.
- Swimmers need to register for each session. We do not offer perpetual lessons.



Frequently Asked Questions

- For monthly sessions, each swimmer has 1 makeup class.
- Swimmers need to wear goggles and have long hair tied up for classes.
- Swimmers should be in appropriate swimwear; no rashguards, 2-piece swimsuits, etc.
- FHS is a competitive training pool, and younger swimmers may need to wear a short wetsuit.
- Families will receive a welcome email 24-48 hours before their first class.
- Skill assessments will happen at the midpoint & end of each session. Each swimmer has an online skills checklist on the Sports Engine account.
- We have swimmers move levels each month. Swimmers on the waitlist will be moved into a class as soon as a spot opens up.
- We swim in the rain! Lessons at outdoor pools are postponed/canceled if the lighting is near. If classes are canceled, it will not happen until just before a class begins.



PRIVATE LESSON - FAQ

Private swim lessons

- private lessons are offered year-round at the Friendswood HS and Clear Springs swimming pools.
- Pomona private lessons are offered May-September.
- Mobile private lessons are offered year-round.
- Private lessons are booked on the Vagaro platform.
- Private lessons range \$30-50/30min.
- A private lesson can be upgraded to a semi-private lesson for \$10.
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Frequently Asked Questions

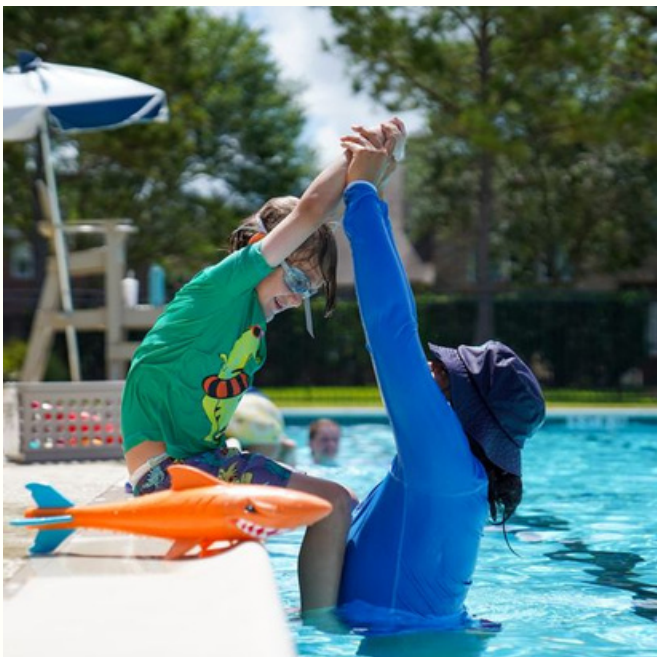
- A private lesson can be upgraded to a mobile lesson for \$10.
- Each private lesson swimmer has a \$45 annual registration fee.
- Changes to a private lesson booking need to be made more than 24 hours before the start of class. Cancellations made within 24 hours will forfeit the lesson cost.
- Swimmers need to wear goggles and have long hair tied up for classes.
- Swimmers should be in appropriate swimwear; no rashguards, 2-piece swimsuits, etc.
- FHS is a competitive training pool, and younger swimmers may need to wear a short wetsuit.
- Families will receive a welcome email 24-48 hours before their first class.
- We swim in the rain! Lessons at outdoor pools are postponed/canceled if the lighting is near. If classes are canceled, it will not happen until just before a class begins.



ADAPTIVE LESSON - FAQ

Adaptive Lessons

- Each summer, we offer a 10-week summer adaptive intensive program.
- The adaptive program is grant-supported and offers swimmers 8, 30-minute lessons over 2 weeks.
- Each of our adaptive lesson coaches are Autism Swims certified.
- Swimmers looking for adaptive lessons can participate in private lessons or join a group class if appropriate.
- Registration for the summer intensive program is done through the Team Unify site. Summer registration will open on March 1.



Frequently Asked Questions

- Summer adaptive private lessons are grant-supported and offered at 50% of the regular market rate.
- Swimmers participating in the summer adaptive intensives do not have a registration fee.
- Before the start of adaptive lessons, Coach Dacia will reach out to discuss your swimmer, your goals, and ways to best support your swimmer.
- Each private lesson swimmer has a \$45 annual registration fee.
- Swimmers need to wear goggles and have long hair tied up for classes.
- Swimmers should be in appropriate swimwear; no rashguards, 2-piece swimsuits, etc.
- FHS is a competitive training pool, and younger swimmers may need to wear a short wetsuit.
- Families will receive a welcome email 24-48 hours before their first class.
- We swim in the rain! Lessons at outdoor pools are postponed/canceled if the lighting is near. If classes are canceled, it will not happen until just before a class begins.



ADULT PRIVATE LESSON - FAQ

Adult Private Lessons

- Adult private lessons are offered year-round at FHS or Clear Springs HS.
- Adult private lessons can be either 30 or 45 minutes long.
- Adult lessons are geared to the swimmer's goals.
- Swimmers looking for stroke technique will use video
- Adult lessons are provided by our USA Swimming-certified swim coaches.
- Adult private lessons are booked on the Vagaro platform.
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Frequently Asked Questions

- Each private lesson swimmer has a \$45 annual registration fee.
- Lessons will cost \$35-50/session.
- Swimmers need to wear goggles and have long hair tied up for classes.
- Swimmers should be in appropriate swimwear; no rashguards, 2-piece swimsuits, etc.
- Families will receive a welcome email 24-48 hours before their first class.
- We swim in the rain! Lessons at outdoor pools are postponed/canceled if the lighting is near. If classes are canceled, it will not happen until just before a class begins.



Swim School Levels

Level 1	Level 2	Level 3
front/back float	free 25 yards	free 50 yards
front/back glide	back 25 yards	back 50 yards
free 5 yards	breaststroke arms	breaststroke 25 yards
back 5 yards	beginning fly	fly 25 yards
beginning breaststroke	dive progression	flipturn
sit dive		racing dive



Month to Month schedule

Group lessons	Private lessons	Adaptive lessons
FHS Monthly T/Th Saturday Sept-July	FHS M-TH Year round	CLCCA May-August Weekly
Landing Blvd May-August Weekly	Stevenson Park August-November March-April	Private lessons
CLCCA May-August Weekly	Pomona T-Fr May-September	
	Mobile Year round M-Sat	

A detailed monthly schedule with class dates, registration, etc, can be found -[HERE](#).

