

Aquatic Programs

The most reputable swim programs of our club are the Learn-to-Swim programs, also known as swim lessons. Although we currently offer swim lessons to both youths and adults, the group youth lessons are among the best gifts you can give your children and to yourselves.

We believe that swimming is a life-long and survival skill, which one can best learn from a professional instructor in a safe, fun and comfortable environment. Our learn-to-swim system ensure swimmers learn the right and professional way to swim, step-by-step, from the very beginning.

Our most popular swim classes are group lessons for youths 6-14. Classes are carefully designed to ensure safety, quality and progress. Our swim lessons are 45 minutes long, which provide swimmers with ample time for instructions as well as on-the-class practices. The instructors-swimmers ratio is no greater than 1:6.

Our advanced classes are also very popular for improving strokes and keeping the feel among summer swimmers during their off season times. For youth swimmers with talents in water who want to pursue their competitive swim career, we will recommend them to our Stingray Swim Team registered with Pacific Swimming, a regional association of USA Swimming.

Swim Fitness

The Boys & Girls Club Swim Fitness Program was developed to teach children proper fitness principles along with correct stroke mechanics. Your child will also learn swim-slang, which are common terms/phrases used in the swimming world. i.e. pyramids and 25 free on the 30. Swimmers must be comfortable in the deep end of the pool to participate in this class.

The four competitive swim strokes taught in this class are the Freestyle, Back Stroke, Breaststroke, and Butterfly.

The focus of this class is to make goals and achieve those goals! (A list of goals are at the bottom of this page.) You and your child should discuss the goals. Competition is NOT part of this class. There are NO swim meets.

Attendance is very important! It will be extremely difficult for your child to achieve his/her goals if he/she only comes to class once a week.

Any swimmer successfully swimming the 500 yd Freestyle, 100 yd I.M. or 200 yd I.M. will receive a Swim Fitness Sweatshirt.

Goals:

25 yd Freestyle
25 yd Backstroke
25 yd Breaststroke

50 yd Freestyle
50 yd Backstroke
50 yd Breaststroke

25 yd Butterfly
(25 yd distance goals are for 7 and 8 year olds only)

50 yd Butterfly

100 Freestyle
100 Backstroke
100 Breaststroke
100 Butterfly

100 yd I.M. (Fly, Back, Breast, Free)
200 yd I.M. (Fly, Back, Breast, Free)
500 yd Freestyle

Swimmers are encouraged to have more than one goal!

Non-Competitive Swim Team

The purpose of our Non-Competitive Swim Team is to give members an opportunity to receive advanced instruction in a swim team like environment without having to attend swim meets on the weekend. This is a great option for members to build endurance and learn how to swim faster. Members will work on advanced drills, flip-turns, diving and learn racing strategy. Members must be able to swim Frontcrawl 20 yards unassisted and be comfortable swimming in the deep end of the pool.

USA Stingray Swim Team

The BGCSC Stingray swim team is a seasonal (August-December) swimming team serving swimmers from ages 8-18. The team, which is a member of United States Swimming, competes in sanctioned competitions locally. The ability levels of Stingray swimmers range from the novice swimmer to Junior Olympic level swimmers. Our mission is to "provide the best environment for success in competitive swimming." Practices are 4 days a week for 2 hours with distance ranging from 2,475 – 3,300 yards. More information for tryouts and practice times will be available in June. Please contact Brenda at (831) 423-3138 ext 25 or for immediate response email brenda@boysandgirlsclub.info.

Swimming Lessons

See current flyer for more information.