

Cowabunga! Aquatics

Beginner & Competitive Swimming Instruction



Before. ←



After. →

Method and Manner

Each child is unique and learns in different ways and for that we celebrate! As a result, information delivered during your child's lessons is designed specifically for your child. There is no set schedule for achievement- our goals are to help your child feel comfortable around the water and most importantly, to be safe. Your child will improve their swimming by learning proper technique and survival essentials.

Coach Cristin is a stern yet kind teacher and believes in positive reinforcement. Coach Cristin will always tell your child when they've done something good and will also correct concerns delicately.

Lesson Information

Lesson Format: Lessons are taught in a one-on-one format in ½-hour increments with lessons taught all in a row. Weekends are optional. On average, children 8 & under require 10 lessons to fully grasp the tasks at hand and children, ages 9 & older require 5 lessons. Group lessons are normally unavailable and generally speaking, are not recommended.

Equipment: The Speedo Sprint goggle is preferred. Swim caps are required for children with hair longer than a buzz-cut. Swim caps are available for \$3.



Child Safety Class: If requested, one or two days of a child's session may be devoted to child safety around the pool. I will show the students how to fall into the pool with their clothes on (swimsuits underneath!) and how to remove their clothes to use them as floating devices. They love it!

Cristin's Background

Cristin has coached infants to adults, beginners to National qualifiers, since 1986 and enjoys assisting her swimmers and triathletes in private lessons, clinics, and races all over California. Cristin was coached by Olympian, Pablo Morales and Olympic Coaches Skip Kinney and Richard Quick of Stanford University. She also co-founded two well-known triathlon clubs, Bay Area Triathlon League and Santa Cruz Triathlon Association and raced as a sponsored triathlete with backing from companies such as Specialized Bikes, Gold's Gym, and PowerBar. She has qualified to represent the USA in 5 World Championship races, was the captain of two of those teams, and is a record holder on racecourses.

Certifications & Credentials

American Red Cross CPR/First Aid/ Lifeguarding
Single Subject Teaching Credential (2009)
Multiple Subject Teaching Credential (2001)
M. A. in Educational Counseling (2003)
M. A. in History (US Dept. of Education Grant, 2009)

Club & Team Past/Present Affiliations

- Head Coach: Saratoga High School Girls & Boys Swimming, Sharon Heights, & Willow Glen High School Girl's Swimming
 - Masters Swim Coach: JCC, San Francisco & Sharon Heights
 - USA Swimming Coach, Level II
 - USA Triathlon Coach, Level II
 - USA Cycling Coach, Expert, Level II
- USA Track & Field Coach, Level I

Payments: To reserve your time, payments must be paid in full within 1 week of booking. Please send your payment along with the enclosed release, signed, to: Cristin Reichmuth, 108 S. 1st St., Campbell, CA 95008.

Fees:

New friends: \$35 per ½ hour / Old friends: \$30.00 Five or less lessons (new & old): \$35 per ½ hour

Refunds: Once having paid for lessons, if a family decides to cancel before lessons have begun *or* within the first week of lessons, the first week will *not* be refunded. The same policy goes for the second week, once the first week has begun.

Privileges: Parents are allowed to remain on the pool deck *ONLY* if the child is being attentive. Please explain to your child, that having you around during swim lessons is a privilege that can be taken away if he or she is not cooperating. If I ask a parent to leave, he or she *MUST LEAVE*.

Talking: There is no talking on the pool deck as this interrupts attention and focus for all.

Tardiness: All children must be in the pool at his or her scheduled time. It affects the learning process if a child is late as every minute in the water is important. If a swimmer is five minutes late, then the lesson will be 25 minutes long.

Re-scheduling: I am unable to re-schedule any lessons unless notified 48-hours before the scheduled lesson. This includes illnesses.

Dates: July 12th to Aug. 13th (weekends too).

Thank you for your interest. If you'd like further information, or to talk with parents who are familiar with my teaching, please contact me at: 408.406.4112, www.bodyandmindsolutions.com, or, cristin@bodyandmindsolutions.com.

