



Year-round swim lessons in our 90° indoor pool for all ages.

FALL 1: SEPTEMBER 10 TO OCTOBER 28, 2017

FALL 2: OCTOBER 29 TO DECEMBER 16, 2017

Online Registration: marinjcc.org/swim

Registration opens Monday August 14, 2017

Swim Hotline: 415-444-8005 • swimlessons@marinjcc.org



AQUA BABIES WATER GYM

Ages 6 months-3 years
Parent Child Classes

Parents and children explore the pool together, while they sing songs, engage in beginning swim activities and play with toys at a variety of play stations all under the guidance of a JCC trained swim instructor. Drop-in available.
Member \$20 / Public \$25



SPLASH!

Water Play (ratio 10:1)
Ages 6 months-2 years
Parent Child Classes

Parents and their babies are introduced to the water through songs and play, enhancing their mental and physical development. Designed to be a positive and safe water experience while practicing introductory water skills.



ADVANCED SPLASH!

Water Exploration
(ratio 10:1) Ages 2-4 years
Parent Child Classes

Parents and their toddlers are introduced to basic swim skills in a slightly more structured program.
Skills: bubbles, front and back floating, and kicking.



FIRST FINS

Water Introduction (ratio 4:1)
Ages 3+

Prerequisite: Child can participate unaccompanied by a parent.
Introduces basic swim skills including bubbles, getting face wet, floating both front/back with assistance, and exploring arm and leg locomotion.



LEVEL 1 PRIMARY SKILLS

(ratio 4:1) Ages 3½+

Prerequisite: First Fins skills
Breath control, begin to float unsupported on front/back and beginning locomotion with arm and leg combinations.



LEVEL 2 STROKE READINESS

(ratio 5:1) Ages 3½ and 4½+

Prerequisite: Level 1 skills
Improving coordination of leg and arm actions on front/back, introducing freestyle and backstroke and learning unassisted floating and breath control.



LEVEL 3 STROKE DEVELOPMENT

(ratio 6:1) Ages 4+

Prerequisite: Level 2 skills and water independence
Coordination of freestyle and backstroke, elementary backstroke, introduction of butterfly and breaststroke, safety skills, treading water and water entries (jumping and diving).



LEVEL 4 STROKE IMPROVEMENT

(ratio 6:1) Ages 5+

Prerequisite: Level 3 skills and swim 25 yards
Build endurance while improving swim technique for all 6 strokes (freestyle, backstroke, breaststroke, butterfly, sidestroke, and elementary backstroke). Safety skills also included.



Classes for Kids Intermediate and Advanced PRE-SWIM TEAM (ratio 6:1)

Prerequisite: Level 3 skills Ages: 5-12

Beginner

Intro class to learn the basics of competitive swimming with special emphasis on freestyle and backstroke.

Prerequisite: Level 4 skills Ages: 6-12

Intermediate

The class is designed for returning summer league swimmers to competitive swimming to develop freestyle, backstroke, breaststroke, and butterfly along with racing turns and starts.

Prerequisite: Invitation only Ages: 7-15

Advanced

Speed, fitness and endurance training for young competitive swimmers. Focus on improvement of the four competitive swim strokes and starts and turns.

Classes for Adults Ages 18+ ADULT LEARN TO SWIM (ratio 6:1)

Class Focus:

Basic swim skills are introduced, developed and swim skills are improved. Class will also work on endurance and becoming comfortable in the shallow and deep water.

Privates

CUSTOMIZED PRIVATE and SEMI-PRIVATE LESSONS

Enjoy the flexibility of choosing a schedule that fits your lifestyle! The entire focus is on developing your child's (children's) skill level.

Also take advantage of forming your own private group with friends or family members of the same age and ability level.

To schedule: call swim hotline at 415-444-8005
or email swimlessons@marinjcc.org

Private lessons policy: 48 hour cancellation policy. No refunds.
Unused lessons expire one year from purchase date.



Osher Marin JCC

200 N. San Pedro Rd, San Rafael CA

Group Swim Lesson Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:50-10:20 am SPLASH! (Ages 6 months-2)	10-10:30 am First Fins (Ages 3+) Level 1 (Ages 3½+)	9:40-10:10 am First Fins (3-5 years) 10:10-10:40 am Level 1 (Ages 3½+)	10-10:30 am First Fins (Ages 3+)	9:45-10:30 am Aqua Babies (Ages 6 months-3) *Drop in Available \$20 M / \$25 P	9-9:30 am SPLASH! (Ages 6 months-2)	9-9:30 am SPLASH! (Ages 6 months-2)
10:20-10:50 am First Fins (Ages 3+)	10:30-11 am Level 2 (Ages 3½+)	10:40-11:10 am Level 2 (Ages 3½+)	10:30-11 am Advanced SPLASH (Ages 2-4)	10:40-11:10 am Advanced SPLASH (Ages 2-4)	9:35-10:05 am Advanced SPLASH (Ages 2-4) Level 1 (Ages 3½+)	9:35-10:05 am Advanced SPLASH (Ages 2-4) Level 1 (Ages 3½+)
10:50-11:20 am Level 1 (Ages 3½+)	4:00-4:30 pm Beginner Pre-swim team (Ages 6-12)	11:10-11:40 am Level 3 (Ages 4+)	11:00-11:30 am Level 1 (Ages 3½+)	11:15-11:45 am First Fins (Ages 3+)	10:10-10:40 am First Fins (Ages 3+) Level 2 (Ages 3½+)	10:10-10:40 am First Fins (Ages 3+) Level 2 (Ages 3½+)
11:20-11:50 am Level 2 (Ages 3½+)	4:35-5:15 pm Intermediate Pre-swim team (Ages 5-12)	3:00-3:30 pm Level 1 (Ages 3½+)	4:00-4:30 pm Beginner Pre-Swim Team (Ages 5-12)		10:45-11:15 am Level 1 (Ages 3½+)	10:45-11:15 am Level 1 (Ages 3½+)
3:30-4:00 pm Level 1 (Ages 3½+)	5:15-6:00 pm Advanced Pre-swim team (Ages 7-15)	3:35-4:05 pm Level 2 (Ages 4½+)	4:35-5:15 pm Intermediate Pre-Swim Team (Ages 6-12)		11:20-11:50 am Level 2 (Ages 4½+)	11:20-11:50 am Level 2 (Ages 4½+)
4:05-4:35 pm Level 2 (Ages 4½+)		4:10-4:40 pm Level 3 (Ages 4+)	5:15-6:00 pm Advanced Pre-Swim Team (Ages 7-15)		11:55 am-12:25 pm Level 3 (Ages 4+)	11:55 am-12:25 pm Level 3 (Ages 4+)
4:40-5:10 pm Level 3 (Ages 4+)		4:45-5:20 pm Level 4 (Ages 5+)			12:30-1:00 pm SPLASH Combo (1-4 years) First Fins (Ages 3+)	12:30-1:00 pm Level 4 (Ages 5+)
5:15-5:50 pm Level 4 (Ages 5+)		5:20-6:00 pm Intermediate Pre-Swim Team (Ages 6-12)				
		7:00-7:40 pm Adult Learn to Swim (Ages 18+)				

Fall 1

Day	Dates	# Classes	Member Price	Public Price
Monday	9/11/2017 - 10/23/2017	7 classes	\$121	\$144
Tuesday	9/12/2017 - 10/24/2017	7 classes	\$121	\$144
Wednesday	9/13/2017 - 10/25/2017	6 classes (no class 9/20)	\$104	\$124
Thursday	9/14/2017 - 10/26/2017	6 classes (no class 9/21)	\$104	\$124
Friday	9/15/2017 - 10/27/2017	6 classes (no class 9/22)	\$104	\$124
Saturday	9/16/2017 - 10/28/2017	6 classes (no class 9/30)	\$119	\$142
Sunday	9/10/2017 - 10/22/2017	7 classes	\$133	\$158

Fall 2

Day	Dates	# Classes	Member Price	Public Price
Monday	10/30/2017 - 12/11/2017	6 classes (no class 11/20)	\$104	\$124
Tuesday	10/31/2017 - 12/12/2017	6 classes (no class 11/21)	\$104	\$124
Wednesday	11/1/2017 - 12/13/2017	6 classes (no class 11/22)	\$104	\$124
Thursday	11/2/2017 - 12/14/2017	6 classes (no class 11/23)	\$104	\$124
Friday	11/3/2017 - 12/15/2017	6 classes (no class 11/24)	\$104	\$124
Saturday	11/4/2017 - 12/16/2017	6 classes (no class 11/25)	\$119	\$142
Sunday	10/29/2017 - 12/10/2017	6 classes (no class 11/26)	\$119	\$142

Private Lessons

(5) 20-minute Private Lessons
\$136 members / \$160 public

(5) 30-minute Private Lessons
\$179 members / \$204 public

(1) 30-minute, Private Lesson
\$46 members / \$53 public

(10) 30-minute, Private Lessons
\$345 members / \$395 public

(5) 30-minute Semi-Private Lessons — 2 per group
Per student: \$119 members / \$144 public

(5) 30-minute Private Group Lessons — 3-4 per group
Per student: \$88 members / \$104 public