





Year-round swim lessons in our 90° indoor pool for all ages.
SUMMER 1: JUNE 2 TO JULY 7, 2017
SUMMER 2: JULY 14 TO AUGUST 19, 2017
 REGISTRATION OPENS MAY 1ST

NEW! Online Registration: marinjcc.org/swim
 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, floating both front and back, 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 w/ assistance, and exploring arm and leg locomotion.



LEVEL 1 PRIMARY SKILLS
 (ratio 4:1) Ages 3½+

Prerequisite: First Fins skills


Breath control, beginning floating unsupported 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 (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 cancelation 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 5-12)	11:10-11:40 pm Level 3 (Ages 4+)	11:00-11:30 pm 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 pm Level 2 (Ages 3½+)	4:35-5:15 pm Intermediate Pre-Swim team (Ages 6-12)	7:00-7:40 pm Adult Learn to Swim (Ages 18+)	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+)
	5:15-6:00 pm Advanced Pre-Swim team (Ages 7-15)		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+)
			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+)
					12:30-1:00 pm SPLASH Combo (1-4 years) First Fins (Ages 3+)	12:25-1:00 pm Level 4 (Ages 5+)

Summer Consecutive Swim Lessons

Members: \$67 / Public: \$80

Monday-Thursday (week-long sessions) June 5-August 10 (no classes the week of July 3)

Level 1: 3:30-4:00pm Level 3: 4:40-5:10pm

Level 2: 4:05-4:35pm Level 4: 5:15-5:45pm

Summer 1

Day	Dates	# Classes	Member Price	Public Price
Monday	6/5/2017-7/10/2017	5 classes (no class 7/3)	\$84	\$100
Tuesday	6/6/2017-7/11/2017	5 classes (no class 7/4)	\$84	\$100
Wednesday	6/7/2017-7/12/2017	6 classes	\$100	\$120
Thursday	6/8/2017-7/13/2017	6 classes	\$100	\$120
Friday	6/2/2017-7/7/2017	6 classes	\$100	\$120
Saturday	6/3/2017-7/8/2017	5 classes (no class 7/1)	\$97	\$115
Sunday	6/4/2017-7/9/2017	5 classes (no class 7/2)	\$97	\$115

Summer 2

Day	Dates	# Classes	Member Price	Public Price
Monday	7/17/2017-8/14/2017	5 classes	\$84	\$100
Tuesday	7/18/2017-8/15/2017	5 classes	\$84	\$100
Wednesday	7/19/2017-8/16/2017	5 classes	\$84	\$100
Thursday	7/20/2017-8/17/2017	5 classes	\$84	\$100
Friday	7/14/2017-8/18/2017	6 classes	\$100	\$120
Saturday	7/15/2017-8/19/2017	6 classes	\$115	\$138
Sunday	7/16/2017-8/13/2017	5 classes	\$97	\$115

Private Lessons

(5) 20-minute Private Lessons
\$132 members / \$156 public

(5) 30-minute Private Lessons
\$175 members / \$200 public

(5) 30-minute Semi-Private Lessons — 2 per group
Per student: \$115 members / \$140 public

(5) 30-minute Private Group Lessons — 3-4 per group
Per student: \$84 members / \$100 public

(1) 30-minute, Private Lesson
\$42 members / \$49 public