



Kids Only!

This summer, KidCare presents: Parents' Night Out! on Sunday afternoons

June 21, July 19 & August 16
from 3-6pm

For kids ages: 18 mos. – 10 years old

Parents, here is your opportunity to enjoy a movie and a quick bite to eat while your children are being cared for and served dinner by our warm and nurturing staff.

• \$25 for 1 child/\$12 per sibling
Register by calling 444.8000



Youth Swim Club

Ages: 5-12 years **Prerequisite:** Completion of Level 4 skills

Class will focus on the development of freestyle, backstroke, breaststroke and butterfly along with racing starts and turns.

Classes held in the outdoor pool.

• **June-Aug: Tuesdays OR Thursdays, 3:45-4:30pm**

MONTHLY CHARGE:

• \$45 Members / \$50 Public

Rhythmic Academy of Marin

Ages: 5 and up

The only Rhythmic gymnastics program for girls ages 5 and up is located at the Osher Marin JCC. Combining athleticism, grace, and mental discipline, routines are choreographed to music involving body movements and dance and the use of rope, hoop, ball, clubs, and ribbon.

To sign-up contact Natalia Makrushina at 415.464.9150 or rhythmicacademyofmarin@yahoo.com.

SAFETY POLICIES FOR KIDS!

Kids ages 13 and older

- may use the fitness center, pools, equipment and group fitness classes **without a parent or guardian**.

Kids ages 10-12

- may use fitness equipment and attend group fitness classes **if they are accompanied by parent or guardian** and will receive a blue wrist band if they pass a swim test administered by our lifeguards indicating that they can use the pool on their own (they may not be dropped off at the JCC unaccompanied).

Kids ages 8-9

- **must always be accompanied by a parent or guardian** while in the JCC; they may not use the fitness center or exercise equipment. They will receive an orange wrist band if they pass a swim test administered by our lifeguards indicating that they can be in the pools without their parents, but the parent (or guardian) must remain on the pool deck or in the grassy area at all times.

Kids ages 7 and under

- **must always be accompanied by a parent or guardian** while in our pools, regardless of their swimming ability and may not use the fitness center or exercise equipment. **Children under 4 may not use the spa.**