



**Cheryll Boissevain
Aquatic Program Manager**

Call Cheryll at 444.8032
for more information on
designing a lesson program
to meet your needs.



Bernard Osher Marin
Jewish Community Center
200 North San Pedro Road
San Rafael, CA 94903



**PRIVATE AND
SEMI-PRIVATE LESSONS**
for all ages & abilities

- (5) 20-minute Private Lessons:**
\$130 members/\$155 public
- (5) 30-minute, Private Lessons:**
\$165 members/\$200 public
- (5) 30-minute, Semi-private Lessons:**
(2 per group)
\$115 members/\$140 public (per student)
- (5) 30-minute, Private Group Lessons:**
(3-4 per group)
\$75 members/\$90 public (per student)
- (1) 30-minute, Private Lesson:**
\$42 members/\$49 public
- **48-hour notification required to reschedule (no refunds) – call 444.8005**
We appreciate your cooperation.



Get in the SWIM of things!

MARCH — MAY 2010



**Create
your own
customized
private,
semi-private
or group
lessons that
fit your
lifestyle...**

**Call
444.8005
ON-LINE
REGISTRATION
will be available
as of 3/15/10.**

Splash!

Water Play [Ratio 10:1]

AGES: 9-36 months

Prerequisite: None

Goal: Parents and their babies are introduced to the water through songs and play enhancing the child's mental and physical development.

Advanced Splash!

Water Exploration [Ratio 10:1]

AGES: 2-4 years

Prerequisite: Splash!

Goal: Parent and child are taught introductory water skills to prepare the child for the transition to future independent swim lessons.

Level 1 - First Fins

Water Introduction [Ratio 4:1]

AGES: 3-6 years

Prerequisite: Toilet-trained and can participate without assistance from a parent or caregiver.

Goal: Learn breath control, buoyancy, and beginning locomotion on front and back.

Level 2 - First Fins

Primary Skills [Ratio 5:1]

AGES: 3-6 years

Prerequisite: Level 1 skills, limited independence in water

Goal: Learn safety skills to float unassisted and begin to explore swimming unsupported on front and back.

Level 3 - Strokes for Kids

Stroke Development [Ratio 6:1]

AGES: 3-7 years

Prerequisite: Level 2 skills; swim unassisted 15 ft. on front & back

Goal: Independence in the water; safety and simple rescue skills, front/back crawl, dolphin and elementary backstroke.

Level 4 - Strokes for Kids

Stroke Improvement [Ratio 6:1]

AGES: 4-9 years

Prerequisite: Level 3 skills

Goal: Improvement of front and back crawl; develop breaststroke, butterfly, backstroke, diving, treading water, scissors kick and personal water safety.

BACK BY POPULAR DEMAND! Mommies-in-Motion

AGES: 6-36 months

A challenging and fun aerobic workout for mom, and a way to practice introductory water skills for baby – a bonding experience for both!

Fri, 11:15am-12pm

GROUP SWIM PRICES

4-class sessions:

\$60 members/\$72 public

Call 444.8005!

ON-LINE REGISTRATION

will be available as of 3/15/10.

Swim Club

AGES: 5-12 years

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

**March-May,
Tue, 3:30-4:15pm or Thur, 4-4:45pm**

Monthly Charge:

\$45 members/\$50 public

Group Lesson Policy applies.

Teen/Adult Beginner/Intermediate

AGES: 13 years to Adult

Gain confidence in the water and develop swimming skills while improving your stroke techniques.

Wed, 6-6:30pm

See group swim prices.

Group Lesson Policy applies.

DAY	SESSION 1	SESSION 2	SESSION 3	CLASS - LEVEL	TIME
	<i>Registration begins Feb. 1</i>				
MONDAY	March 1-22 (4 classes)	Mar. 29-April 26 (4 classes) <i>no class 4/5</i>	May 3-24 (4 classes)	*First Fins - 1 *First Fins - 2 Strokes for Kids - 3 First Fins - 1 Splash! / Adv.Splash! First Fins - 1 First Fins - 2 Strokes for Kids - 3 Strokes for Kids - 4	9:30 – 10am 10 – 10:30am 10:30 – 11am 11:30am – 12pm 11:30am – 12pm 3:30 – 4pm 4:05 – 4:35pm 4:40 – 5:10pm 5:15 – 5:45pm
TUESDAY	March 2-23 (4 classes)	April 6-27 (4 classes)	May 4-25 (4 classes)	First Fins - 1 First Fins - 2 Splash! Strokes for Kids - 3 Swim Club Strokes for Kids - 3 & 4	10 – 10:30am 10:30 – 11am 11 – 11:30am 11:30am – 12pm 3:30 – 4:15pm 3:45 – 4:15pm 4:20 – 4:50pm
WEDNESDAY	March 3-24 (4 classes)	April 7-28 (4 classes)	May 5-June 2 (4 classes) <i>no class 5/19</i>	First Fins - 1 Splash! First Fins - 2 Advanced Splash! First Fins - 1 First Fins - 1 First Fins - 2 Strokes for Kids - 3 Strokes for Kids - 4 Teen/Adult	9:30 – 10am 10 – 10:30am 10:30 – 11am 11 – 11:30am 11:30am – 12pm 3:30 – 4pm 4:05 – 4:35pm 4:40 – 5:10pm 5:15 – 5:45pm 6 – 6:30pm
THURSDAY	March 4-25 (4 classes)	April 8-29 (4 classes)	May 6-27 (4 classes)	Advanced Splash! First Fins - 1 First Fins - 2 Strokes for Kids - 3 Strokes for Kids - 3 & 4 Swim Club First Fins - 2	10 – 10:30am 10:30 – 11am 11 – 11:30am 11:30am – 12pm 3:45 – 4:15pm 4 – 4:45pm 4:20 – 4:50pm
FRIDAY	March 5-26 (4 classes)	April 9-30 (4 classes)	May 7-28 (4 classes)	Mommies-in-Motion First Fins - 2	11:15am – 12pm 11:30am – 12pm
SATURDAY	March 6-27 (4 classes)	April 10-May 1 (4 classes)	May 8-29 (4 classes)	First Fins - 1 First Fins - 2 Strokes for Kids - 3 Splash! Advanced Splash! Strokes for Kids - 4	9 – 9:30am 9:35 – 10:05am 10:10 – 10:40am 10:45 – 11:15am 11:20 – 11:50am 11:55am – 12:25pm
SUNDAY	March 7-28 (4 classes)	April 11-May 2 (4 classes)	May 9-30 (4 classes)	First Fins - 1 First Fins - 2 Strokes for Kids - 3 Splash! Advanced Splash! Strokes for Kids - 4	9 – 9:30am 9:35 – 10:05am 10:10 – 10:40am 10:45 – 11:15am 11:20 – 11:50am 11:55am – 12:25pm

**Classes available during Session 1 only*

1-WEEK CONSECUTIVE SUMMER CLASSES

Registration begins March 31
Weekly session: \$60 members/\$72 public

Lessons Offered Mon thru Thur:

First Fins - 1 3:30 – 4pm

First Fins - 2 4:05 – 4:35pm

Strokes for Kids - 3 ... 4:40 – 5:10pm

Strokes for Kids - 4 ... 5:15 – 5:45pm

Week 1 • June 14-17

Week 2 • June 21-24

Week 3 • June 28-July 1

Week 4 • July 5-8

Week 5 • July 12-15

Week 6 • July 19-22

Week 7 • July 26-29

Week 8 • Aug 2-5

Week 9 • Aug 9-12

Week 10 • Aug 16-19



GROUP LESSON POLICY

- 14 day notification required to cancel a session and reschedule to another session — no refunds. If you cancel within 13 days prior to your session, credit will only be given if we are able to fill your space.
- No make-up classes.
- We reserve the right to cancel any class with insufficient enrollment.

We appreciate your cooperation.