

TEEN & ADULT SWIM CLASSES

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 schedule on page 12 for number of classes per session.
See group swim prices on page 13. Group Lesson Policy applies.

New!

Guard Start Summer Camp

Grades: 6-9

CALL 444.8055 OR MARINJCC.ORG TO REGISTER

Take your aquatic skills to the next level with our Red Cross Guard Start Program. Focus will be on swimming technique, team building, accident prevention and emergency response. Developing your lifesaving and leadership skills, this course enables you to qualify as a volunteer aquatic aide during swim time for the remainder of our summer camp. Participants should be able to swim 25 yards and tread water for 1 minute. Our Guard Start program also includes a short portion of every day for other fun camp activities including sports, arts and music.

• **June 28-July 2, Mon-Fri: 9:30am-3:30pm**
\$245 Members / \$265 Public



Red Cross Lifeguard Training

Get a Jump Start on Summer 2010! Sign up, and train to be a lifeguard N-O-W! This program provides the knowledge and skills to become Red Cross Certified Lifeguard. Participants must be 15 years of age, able to swim 300 yards, and generally be confident in the water. This is not a camp — this is a program to become a certified lifeguard.

Call Cara at 444.8033 for more info.

New!

Water Safety Instructor Course

Learn how to organize and conduct classes and to safely teach all levels of swimming skills. Students who successfully complete the course will be able to teach American Red Cross "Learn-to-Swim" programs.

Pre-requisites: 16 years of age before the final day of the course. Demonstrate at an American Red Cross "Learn-to-Swim" Ability Level 6.

Call Cheryl at 444.8032 for more information.

Adult Swim Clinics – New!

Distance Swimming for Tri-athletes

If you're not a swimmer, the first leg of a triathlon can really tire you out. Come train with us as we cover open water techniques including sighting, drafting, & buoy turns and spend some time on work out plans. Once you've learned the tricks you'll be at the front of the pack!

• **Wed, April 28: 6:30-7:30pm**
\$25 Members / \$30 Public

Advanced Freestyle Technique

Are you ready to take your water workout to the next level? Learn how simple physics principals and technique tricks can increase your efficiency in the pool. Appropriate for swimmers who are comfortable with side breathing and can already swim at least 100 yards continuously.

• **Wed, May 26: 6:30-7:30pm**
\$25 Members / \$30 Public

Beginning Freestyle Technique

If you enjoy the water but never quite got to side breathing or flip turns this is your chance! Let our seasoned coaches demystify the front crawl and open up a world of possibilities for working out in the water. Participants should be able to float independently.

• **Wed, June 30: 6:30-7:30pm**
\$25 Members / \$30 Public

Adult Masters Swim

CALL 415.444.8005!!

Be part of our Masters swim team! Coach Charlotte Jenkins will focus on the four competitive strokes and help get you to the next level.

• **March-May: Tues/Wed/Thurs 12:30-1:30pm**
(no class 3/30, 3/31, 5/19)
Monthly: \$45 Members / Drop-in Fee: \$7 per class

