



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

SPRING: APRIL 15 TO MAY 26, 2019

Online Registration: marinjcc.org/swim

Registration opens Monday, March 18, 2019

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



**FRIDAY FUNDAY
AQUA BABIES**

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 \$30



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 with assistance, and exploring arm and leg locomotion.

Goal: Torpedoes



**LEVEL 1
PRIMARY SKILLS**

(ratio 4:1) Ages 3+

Prerequisite:
First Fins skills

Breath control, begin to float unsupported on front/back and beginning locomotion with arm and leg combinations.

Goal: Freestyle 5 yards and back floats



**LEVEL 2
STROKE READINESS**

(ratio 4:1) Ages 3+

Prerequisite:
Level 1 skills

Improving coordination of leg and arm actions on front/back, introduction to freestyle and backstroke and learning unassisted floating and breath control.

Goal: Freestyle 10 yards with unassisted back float



**LEVEL 3
STROKE DEVELOPMENT**

(ratio 5:1) Ages 4+

Prerequisite: Level 2 skills and water independence

Coordination of freestyle and backstroke, elementary backstroke, introduction of butterfly kick, breaststroke, breaststroke kick, safety skills, treading water and water entries (jumping and diving).

Goal: Freestyle with 15 yards side breath



**LEVEL 4
STROKE IMPROVEMENT**

(ratio 6:1) Ages 5+

Prerequisite: Level 3 skills and swim 25 yards

Build endurance for freestyle, backstroke and elementary backstroke. Learn the fundamentals of breaststroke and intro to butterfly kick. Intro to diving.

Goal: 25 yards freestyle, backstroke, elementary back stroke and breaststroke



**LEVEL 5
ORCAS!**

(ratio 6:1) Ages 5+

Prerequisite: Level 4

Improve all strokes, learn butterfly and sidestroke. Learn all forms of diving, open turns and circle swim.

Goal: 50 yards freestyle, backstroke, and breaststroke. 25 yards sidestroke and butterfly.



PRE-SWIM TEAM

(ratio 6:1) Ages 5+

Prerequisite: Able to swim 25 yards freestyle, backstroke and breaststroke.

Goal: Fundamentals of swimming in a team environment including circle swim. Focus on competitive swimming while developing and refining open turns, dives and conditioning.

ADULT LEARN TO SWIM (ratio 6:1)

Classes for Adults Ages 18+

Class Focus:

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

SWIM LESSON POLICIES

We do not offer refunds or credits for missed classes nor do we prorate early withdrawals. Instructors schedules are subject to change. We encourage you to enroll early due to limited space in classes.

Registrants may only attend the class session for which they are registered.

Credit issued for canceled group lessons, no refunds.



Osher Marin JCC

200 N. San Pedro Rd, San Rafael CA | 415.444.8000 | WWW.MARINJCC.ORG

Group Swim Lesson Schedule

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

KEEP AN EYE OUT FOR OUR SUMMER 2019 SESSION! JUNE 3 TO AUGUST 18, 2019

Spring

Day	Dates	# Classes	Member Price	Public Price
Monday	4/15/2019 - 5/20/2019	6 classes	\$107	\$128
Tuesday	4/16/2019 - 5/21/2019	6 classes	\$107	\$128
Wednesday	4/17/2019 - 5/22/2019	6 classes	\$107	\$128
Thursday	4/18/2019 - 5/23/2019	6 classes	\$107	\$128
Friday	4/19/2019 - 5/24/2019	6 classes	\$107	\$128
Saturday	4/27/2019 - 5/25/2019	5 classes	\$104	\$125
Sunday	4/28/2019 - 5/26/2019	5 classes	\$104	\$125

Private Lessons

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

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

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

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

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

(5) 30-minute Private Group Lessons — 3-4 per group
Per student: \$90 members / \$108 public

To schedule private lessons: call the 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.
On occasion, instructor substitutions are necessary.