



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

**SPRING: APRIL 16 TO MAY 25, 2018**

REGISTRATION OPENS MARCH 12

**Online Registration: [marinjcc.org/swim](http://marinjcc.org/swim)**

Swim Hotline: 415-444-8005 • [swimlessons@marinjcc.org](mailto: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, & kicking.



**FIRST FINS**

Water Introduction (ratio 4:1)  
Ages 3+

Prerequisite: Child can participate unaccompanied by parent.  
Introduces basic swim skills including bubbles, getting face wet, floating both front/back with assistance, and exploring arm and leg locomotion.



**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.



**LEVEL 2  
STROKE READINESS**

(ratio 5:1) Ages 3+

Prerequisite: Level 1 skills  
Improving coordination of leg and arm actions on front/back, introduction to freestyle and backstroke and learning to 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)**

**Beginner**

Prerequisite: Level 3 skills Ages: 5-12  
Intro class to learn the basics of competitive swimming with special emphasis on freestyle and backstroke.

**Intermediate**

Prerequisite: Level 4 skills Ages: 6-12  
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.

**Advanced**

Prerequisite: Invitation only Ages: 7-15  
Speed, fitness and endurance training for young competitive swimmers. Focus on improvement of the four competitive swim strokes and starts and turns.

**ADULT LEARN TO SWIM**

Classes for Adults (ratio 6:1) 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.

**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's (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](mailto: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.



**Osher Marin JCC**  
200 N. San Pedro Rd, San Rafael CA

## Group Swim Lesson Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:50-10:20 am</b> SPLASH! (Ages 6 months-2)	<b>10-10:30 am</b> First Fins (Ages 3+)	<b>9:40-10:10 am</b> First Fins (Ages 3+) <b>10:10-10:40 am</b> Level 1 (Ages 3+)	<b>10-10:30 am</b> First Fins (Ages 3+)	<b>9:45-10:30 am</b> Aqua Babies (Ages 6 months-3) *Drop in Available \$20 M / \$25 P	<b>9-9:30 am</b> SPLASH! (Ages 6 months-2)	<b>9-9:30 am</b> SPLASH! (Ages 6 months-2)
<b>10:20-10:50 am</b> First Fins (Ages 3+)	<b>10:30-11 am</b> Level 1 Level 2 (Ages 3+)	<b>10:40-11:10 am</b> Level 2 (Ages 3+)	<b>10:30-11 am</b> Advanced SPLASH (Ages 2-4)	<b>10:40-11:10 am</b> Advanced SPLASH (Ages 2-4)	<b>9:35-10:05 am</b> Advanced SPLASH (Ages 2-4) Level 1 (Ages 3+)	<b>9:35-10:05 am</b> Advanced SPLASH (Ages 2-4) Level 1 (Ages 3+)
<b>10:50-11:20 am</b> Level 1 (Ages 3+)	<b>4:00-4:30 pm</b> Beginner Pre-swim team (Ages 5-12)	<b>3:00-3:30 pm</b> Level 1 (Ages 3+)	<b>11:00-11:30 am</b> Level 1 (Ages 3+)	<b>11:15-11:45 am</b> First Fins (Ages 3+)	<b>10:10-10:40 am</b> First Fins (Ages 3+) Level 2 (Ages 3+)	<b>10:10-10:40 am</b> First Fins (Ages 3+) Level 2 (Ages 3+)
<b>11:20-11:50 pm</b> Level 2 (Ages 3+)	<b>4:35-5:15 pm</b> Intermediate Pre-swim team (Ages 6-12)	<b>3:35-4:05 pm</b> Level 2 (Ages 4+)	<b>3:30-4:00 pm NEW</b> First Fins (Ages 3+)	<b>3:30-4:00 pm NEW</b> First Fins (Ages 3+)	<b>10:45-11:15 am</b> Level 1 (Ages 3+)	<b>10:45-11:15 am</b> Level 1 (Ages 3+)
<b>3:30-4:00 pm</b> Level 1 (Ages 3+)	<b>5:15-6:00 pm</b> Advanced Pre-swim team (Ages 7-15)	<b>4:10-4:40 pm</b> Level 3 (Ages 4+)	<b>4:05-4:35 pm NEW</b> Level 1 (Ages 3+)	<b>4:05-4:35 pm NEW</b> Level 1 (Ages 3+)	<b>11:20-11:50 am</b> Level 2 (Ages 4+)	<b>11:20-11:50 am</b> Level 2 (Ages 4+)
<b>4:05-4:35 pm</b> Level 2 (Ages 4+)		<b>4:45-5:20 pm</b> Level 4 (Ages 5+)	<b>4:40-5:10 pm NEW</b> Level 2 (Ages 4+)	<b>4:40-5:10 pm NEW</b> Level 2 (Ages 4+)	<b>11:55 am-12:25 pm</b> Level 3 (Ages 4+)	<b>11:55 am-12:25 pm</b> Level 3 (Ages 4+)
<b>4:40-5:10 pm</b> Level 3 (Ages 4+)		<b>5:20-6:00 pm</b> Intermediate Pre-Swim Team (Ages 6-12)	<b>5:15-5:45 pm NEW</b> Level 3 (Ages 4+)		<b>12:30-1:00 pm</b> SPLASH Combo (1-4 years) First Fins (Ages 3+)	<b>12:25-1:00 pm</b> Level 4 (Ages 5+)
<b>5:15-5:50 pm</b> Level 4 (Ages 5+)		<b>7:00-7:40 pm</b> Adult Learn to Swim (Ages 18+)				<b>1:05-1:35 pm NEW</b> Level 1 (Ages 3+)
						<b>1:40-2:10 pm NEW</b> Level 2 (Ages 4+)
						<b>2:15-2:45 pm NEW</b> Level 3 (Ages 4+)

## Spring

Day	Dates	# Classes	Member Price	Public Price
Monday	4/16/2018-5/21/2018	6 classes	\$104	\$124
Tuesday	4/17/2018-5/22/2018	6 classes	\$104	\$124
Wednesday	4/18/2018-5/23/2018	6 classes	\$104	\$124
Thursday	4/19/2018-5/24/2018	6 classes	\$104	\$124
Friday	4/20/2018-5/25/2018	6 classes	\$104	\$124
Saturday	4/21/2018-5/19/2018	5 classes	\$99	\$118
Sunday	4/22/2018-5/20/2018	5 classes	\$99	\$118

## Summer Swim Lessons — Coming Soon!

Registration Will Open May 7, 2018

### Private Lessons

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

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

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

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

**(5) 30-minute Private Group Lessons** — 3-4 per group  
Per student: \$88 members / \$104 public

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