



Year-round swim lessons in our 90° indoor pool for all ages.
FALL 1: SEPTEMBER 10 TO OCTOBER 28, 2022
FALL 2: OCTOBER 29 TO DECEMBER 16, 2022

Online Registration: marinjcc.org/swim
REGISTRATION OPENS WEDNESDAY, AUGUST 17

The 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 8:1)
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 8:1) 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.

To schedule private lessons: call the swim hotline at 415-444-8005 or email swimlessons@marinjcc.org

Private lessons policy: 48 hour cancelation 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
415.444.8000 | www.marinjcc.org

Group Swim Lesson Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-10:30am SPLASH! (Ages 6 months-2)	10-10:30am First Fins (Ages 3+)	10-10:30am First Fins (Ages 3+)	10-10:30am First Fins (Ages 3+)	10-10:30am Aqua Babies (Ages 6 months-3) *Drop in Available \$20 M / \$30 P	10-10:30am SPLASH! (Ages 6 months-2)	
10:30-11am First Fins (Ages 3+)	10:30-11am Level 1 (Ages 3+)	10:30-11am Level 1 (Ages 3+)	10:30-11am Advanced Splash! (Ages 2-4)	10:35-11:05am Advanced Splash! (Ages 2-4)	10:35-11:05am Advanced Splash! (Ages 2-4)	
11-11:30am Advanced Splash! (Ages 2-4)		11-11:30am Advanced Splash! (Ages 2-4)	11-11:30am Level 1 (Ages 3+)	11:10-11:40am First Fins (Ages 3+)	11:10-11:40am First Fins (Ages 3+)	
11:30am-Noon Level 1 (Ages 3+)		3-3:30pm Level 1 (Ages 3+)	3:30-4pm First Fins (Ages 3+)		11:45am-12:15pm Level 1 (Ages 3+)	
3:30-4pm Level 1 (Ages 3+)	3:30-4pm First Fins (Ages 3+)	3:35-4:05pm Level 2 (Ages 3+)	4:05-4:35pm Level 1 (Ages 3+)		12:20-12:50pm Level 2 (Ages 4+)	
4:05-4:35pm Level 2 (Ages 4+)	4:05-4:35pm Level 1 (Ages 3+)	4:10-4:40pm Level 3 (Ages 4+)	4:40-5:15pm Pre-Swim Team (Ages 6-12)			
4:40-5:10pm Level 3 (Ages 4+)	4:40-5:10pm Level 2 (Ages 3+)	4:45-5:20pm Level 4 (Ages 5+)	5:20-5:55pm Level 5 (Ages 5+)			
5:15-5:50pm Level 4 (Ages 5+)		6:30-7:05pm Beginner Adult (Ages 18+)				
		7:10-7:45pm Intermediate Adult (Ages 18+)				

Fall 1

Day	Dates	# Classes	Member Price	Public Price
Monday	9/12/2022 - 10/24/2022	6 classes (no class 9/26)	\$115	\$139
Tuesday	9/13/2022 - 10/25/2022	5 classes (no class 9/27 & 10/4)	\$93	\$116
Wednesday	9/14/2022 - 10/26/2022	6 classes (no class 10/5)	\$115	\$139
Thursday	9/15/2022 - 10/27/2022	7 classes	\$135	\$163
Friday	9/16/2022 - 10/28/2022	7 classes	\$135	\$163
Saturday	9/10/2022 - 10/22/2022	7 classes	\$158	\$190
Sunday	No Classes			

Fall 2

Day	Dates	# Classes	Member Price	Public Price
Monday	10/31/2022 - 12/12/2022	6 classes (no class 11/21)	\$115	\$139
Tuesday	11/1/2022 - 12/13/2022	6 classes (no class 11/22)	\$115	\$139
Wednesday	11/2/2022 - 12/14/2022	6 classes (no class 11/23)	\$115	\$139
Thursday	11/3/2022 - 12/15/2022	6 classes (no class 11/24)	\$115	\$139
Friday	11/4/2022 - 12/16/2022	5 classes (no class 11/18 & 11/25)	\$93	\$116
Saturday	10/29/2022 - 12/10/2022	6 classes (no class 11/26)	\$135	\$163
Sunday	No Classes			

Private Lessons

(1) 30-minute Private Lesson \$49 members / \$59 public	(5) 30-minute Private Lessons \$195 members / \$232 public	(10) 30-minute Private Lessons \$373 members / \$447 public
(5) 30-minute Semi-Private Lessons — 2 per group Per student: \$128 members / \$154 public	(5) 30-minute Private Group Lessons — 3-4 per group Per student: \$97 members / \$116 public	