



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

SPRING: APRIL 15 TO MAY 26, 2023

**Online Registration: marinjcc.org/swim
REGISTRATION OPENS WEDNESDAY, MARCH 15**

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.



Osher Marin JCC
200 N. San Pedro Rd, San Rafael CA
415.444.8000 | www.marinjcc.org

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.

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	9-9:30am SPLASH! (Ages 6 months-2) 9:35-10:05am Advanced SPLASH! (Ages 2-4)	9-9:30am SPLASH! (Ages 6 months-2) 9:35-10:05am Advanced SPLASH! (Ages 2-4)
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)	10-10:30am SPLASH! (Ages 6 months-2) 10-10:30am First Fins (Ages 3+)	10-10:30am SPLASH! (Ages 6 months-2) 10-10:30am First Fins (Ages 3+)
11-11:30am Advanced SPLASH! (Ages 2-4)	3:30-4pm First Fins (Ages 3+)	11-11:30am Advanced SPLASH! (Ages 2-4)	11-11:30am Level 1 (Ages 3+)	11:10-11:40am First Fins (Ages 3+)	10:35-11:05am Advanced SPLASH! (Ages 2-4) 10:35-11:05am Level 1 (Ages 3+)	10:35-11:05am Advanced SPLASH! (Ages 2-4) 10:35-11:05am Level 1 (Ages 3+)
11:30am-Noon Level 1 (Ages 3+)	4:05-4:35pm Level 1 (Ages 3+)	3-3:30pm Level 1 (Ages 3+)	3:30-4pm First Fins (Ages 3+)	3:30-4pm First Fins (Ages 3+)	11:10-11:40am First Fins (Ages 3+) 11:10-11:40am Level 2 (Ages 3+)	11:10-11:40am First Fins (Ages 3+) 11:10-11:40am Level 2 (Ages 4+)
3:30-4pm Level 1 (Ages 3+)	4:40-5:15pm Level 5 (Ages 4+)	3:35-4:05pm Level 2 (Ages 3+)	4:05-4:35pm Level 1 (Ages 3+)	4:05-4:35pm Level 1 (Ages 3+)	11:45am-12:15pm Level 1 (Ages 3+) 11:45am-12:15pm Level 3 (Ages 4+)	11:45am-12:15pm Level 1 (Ages 3+) 11:45am-12:15pm Level 3 (Ages 5+)
4:05-4:35pm Level 2 (Ages 4+)	5:20-5:55pm Pre-Swim Team (Ages 6+)	4:10-4:40pm Level 3 (Ages 4+)	4:40-5:15pm Pre-Swim Team (Ages 6-12)	4:40-5:10pm Level 2 (Ages 4+)	12:20-12:55pm Level 2 (Ages 4+) 12:20-12:55pm Level 4 (Ages 5+)	12:20-12:55pm Level 2 (Ages 4+) 12:20-12:55pm Level 4 (Ages 5+)
4:40-5:10pm Level 3 (Ages 4+)		4:45-5:20pm Level 4 (Ages 5+)	5:20-5:55pm Level 5 (Ages 5+)	5:15-5:45pm Level 3 (Ages 4+)		
5:15-5:50pm Level 4 (Ages 5+)		6:30-7:05pm Beginner Adult (Ages 18+)				
		7:10-7:45pm Intermediate Adult (Ages 18+)				

Spring

Day	Dates	# Classes	Member Price	Public Price
Monday	4/17/2023 - 5/22/2023	6 classes	\$135	\$169
Tuesday	4/18/2023 - 5/23/2023	6 classes	\$135	\$169
Wednesday	4/19/2023 - 5/24/2023	6 classes	\$135	\$169
Thursday	4/20/2023 - 5/25/2023	6 classes	\$135	\$169
Friday	4/21/2023 - 5/26/2023	5 classes (no class 5/19)	\$109	\$139
Saturday	4/15/2023 - 5/20/2023	6 classes	\$159	\$187
Sunday	4/16/2023 - 5/21/2023	6 classes	\$159	\$187

Private Lessons

(1) 30-minute Private Lesson
\$55 members / \$72 public

(5) 30-minute Private Lessons
\$234 members / \$288 public

(10) 30-minute Private Lessons
\$429 members / \$536 public

(5) 30-minute Semi-Private Lessons — 2 per group
Per student: \$149 members / \$181 public

(5) 30-minute Private Group Lessons — 3-4 per group
Per student: \$115 members / \$137 public