

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

SUMMER 1: JUNE 12 TO JULY 16, 2023
SUMMER 2: JULY 17 TO AUGUST 20, 2023

Online Registration: marinjcc.org/swim



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

Swim Hotline: 415-444-8005 • swimlessons@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 yrs.)	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 yrs.) *Drop in Available \$20 M / \$30 P	9–9:30am SPLASH! (Ages 6 months-2 yrs.) 9:35–10:05am Advanced SPLASH! (Ages 2-4)	9–9:30am SPLASH! (Ages 6 months-2 yrs.) 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 yrs.) 10–10:30am First Fins (Ages 3+)	10–10:30am SPLASH! (Ages 6 months-2 yrs.) 10–10:30am First Fins (Ages 3+)
11–11:30am Advanced SPLASH! (Ages 2-4)	3:30–4:05pm Level 4 (Ages 3+)	11–11:30am SPLASH! (Ages 6 months-2 yrs.)	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+)	4:10–4:45pm Level 5 (Ages 5+)	11:30am–Noon Level 2 (Ages 3+)	11:30am–Noon Level 2 (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+)
	4:50–5:25pm Pre-Swim Team (Ages 5+)	6:30–7:05pm Beginner Adult (Ages 18+)	4–4:35pm Level 4 (Ages 5+)		11:45–12:15am Level 1 (Ages 3+) 11:45–12:15am Level 3 (Ages 4+)	11:45–12:15am Level 1 (Ages 3+) 11:45–12:15am Level 3 (Ages 5+)
		7:10–7:45pm Intermediate Adult (Ages 18+)	4:40–5:15pm (Ages 5+)		12:20–12:55am Level 2 (Ages 4+) 12:20–12:55am Level 4 (Ages 5+)	12:20–12:55am Level 2 (Ages 4+) 12:20–12:55am Level 4 (Ages 5+)
			5:20–5:55pm (Ages 5+)			

Summer Consecutive Afternoon Swim Lessons

Members: \$90 / Public: \$113 Monday-Thursday: (week-long sessions) June 12 - August 17 (no classes week of July 3) First Fins: 3:30 - 4:00 pm Level 1: 4:05 - 4:35 pm Level 2: 4:40 - 5:10 pm Level 3: 5:15 - 5:45 pm

Summer 1

Day	Dates	# Classes	Member Price	Public Price
Monday	6/12/2023 – 7/10/2023	4 classes (no class 7/3)	\$90	\$113
Tuesday	6/13/2023 – 7/11/2023	4 classes (no class 7/4)	\$90	\$113
Wednesday	6/14/2023 – 7/12/2023	4 classes (no class 7/5)	\$90	\$113
Thursday	6/15/2023 – 7/13/2023	4 classes (no class 7/6)	\$90	\$113
Friday	6/16/2023 – 7/14/2023	4 classes (no class 7/7)	\$90	\$113
Saturday	6/17/2023 – 7/15/2023	4 classes (no class 7/1)	\$106	\$125
Sunday	6/18/2023 – 7/16/2023	4 classes (no class 7/2)	\$106	\$125

Summer 2

Day	Dates	# Classes	Member Price	Public Price
Monday	7/17/2023 – 8/14/2023	5 classes	\$113	\$141
Tuesday	7/18/2023 – 8/15/2023	5 classes	\$113	\$141
Wednesday	7/19/2023 – 8/16/2023	5 classes	\$113	\$141
Thursday	7/20/2023 – 8/17/2023	5 classes	\$113	\$141
Friday	7/21/2023 – 8/18/2023	5 classes	\$113	\$141
Saturday	7/22/2023 – 8/19/2023	5 classes	\$133	\$156
Sunday	7/23/2023 – 8/20/2023	5 classes	\$133	\$156

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	